

EXPRESS+STEPHEN CURRY





불분 TO BRING THE FIGHT

ISOPURE PROTEIN

THE HIGHEST QUALITY 100% WHEY PROTEIN ISOLATE. FOR ENERGY TO BE THE HIGHEST QUALITY HUMANS

WE'RE ALL MORE THAN MUSCLE



ZERO CARB





july.aug



and salute the



Game Changers

29 Life Coach

How regular joe Andrew Brill turned his midlife crisis into a new career path.

32 Training

What you need to know about how training programs work.

36 Health

Five ways to tweak your daily routine-and improve your life.

38 Experience

The best camping spots in the U.S.

45 Gear

All the best outdoor tools, gadgets, and games to soup up your summer.

52 Mix It Up

Spice up your life (and burn some fat) with some hot pepperspiked cocktails.

56 Culture

Jake Gyllenhaal's mighty transformation for Southpaw.

ONTHECOVER **WAHLBERG**

PHOTOGRAPH: BEN WATTS MAKEUP: HOWARD BERGER HAIR: JOHNNY V/TRACEY MATTINGLY T-SHIRT: JAMES PERSE



58 Step It Up

Take your running workout to the beach for a more intense cardio session.

62 Style

Travis Van Winkle of The Last Ship fights off a chill.

64 Grooming

Your ultimate guide to summer skincare products.

68 Crush

Two truths and a lie with Jhené Aiko.

70 Eat Well

Natural foods that give you the edge.

72 Guru

Follow these tips and you'll never bonk in an endurance race again.

The Body Book

122 Practice Makes Muscle

Hit a PR on your deadlift, squat, and bench within a month.

130 Meals on Tap

Add beer to great recipes and what do you get? (Hint: It's not extra calories.)

140 Summer Six-pack Program

Trick your body into building abs.

154 Scientific Nutrition

Choose the perfect pre-workout shake for vour needs.



Columns

74 Learn It!

Seven groundbreaking ways to build a healthy habit-and keep it forever.

76 Earn It!

What a former Navy SEAL can teach you about getting ahead.

80 Burn It!

No ticket? These lastminute tactics will get you into any concert, game, or festival.

Breakthroughs

Some of the world's

most stylish guys

16 Fitness

Who knew.

Revving up your workout not only makes you fitter, it helps you live longer.

18 Nutrition

The breaking news about...broccoli.

20 Health

Holy shiitake, these 'shrooms are healthy!

22 Brain

Get a hobby to keep your brain sharp.

24 Style

Some great fashion tips from players of the "beautiful game" (aka soccer).

26 Success

Turn anything-even a candy bar-into a weapon, instantly.

Regulars

8 Fitness on the Go 10 View from the Top

115 Ask Men's Fitness

154 Where to Buy

156 #Fitwit

This summer-rated, debated, and deflated in 140 characters or less.

Choose coverage from the road captain. Our new, affordable rates include coverage that other companies charge as extras. Things like: help repairing or replacing your protective gear, costs incurred from being stranded, emergency roadside assistance, and the got-your-back service of a State Farm® agent.



Call us today at 844.242.2554 or visit st8.fm/motorcycle

This month on MensFitness.com







Gotta Maintain

The three workouts you absolutely need to keep your body in check throughout the summer party season.

▶ mensfitness.com/keepittogether

The Art of the **One-Summer Stand**

Sad but true: You know it's a shortterm deal. Here's how to get out without coming off as a putz.

▶ mensfitness com/nostrings



Be the King of the Grill

How to throw a seriously slammin' summer barbecue but keep it superhealthy.

▶ mensfitness.com/firedup

Everything You Need to Know About Laser Hair Removal

Our style and grooming editor takes the dive and tries it firsthand. Find out if you should, too.

▶ mensfitness.com/cleanup

Don't Be a Burnout

Overtraining is easy to do and much more common than you think. Are you at risk?

▶ mensfitness.com/burnt

GET THE APP

Download it for free on your Apple or Android mobile device to unlock deals, offers, and exclusive videos

SUMMER SIX-PACK!

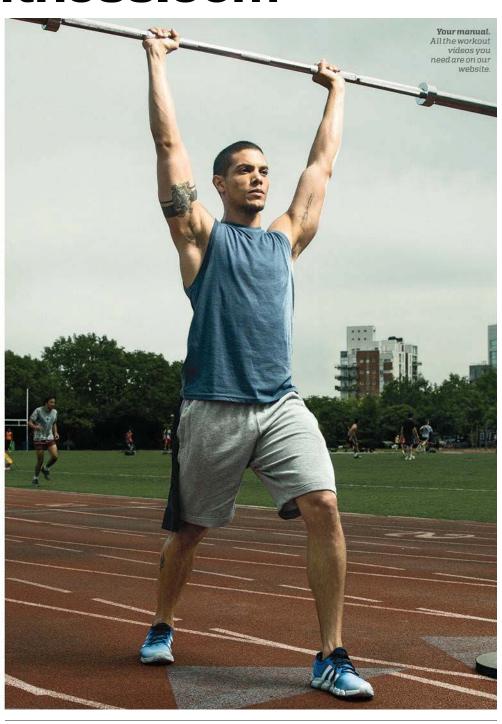
Add these core-carving moves for your best beach body ever.

BREAK YOUR RECORDS

Get back to basics and perfect your technique for putting up huge numbers on your squat, bench, and deadlift.

BEST FACE FORWARD

Summer skin-care tips from style and grooming editor Barret Wertz.



21-DAY SHRED: SION 2.0

■ Download our blueprint for the perfect body. The new and improved app is now available. mensfitness.com/21dayshred

HEADING OFF ON A BIG TRIP?

Check out our international editions, published in the U.K., Australia, Indonesia, Qatar, and Saudi Arabia.

GO DIGITAL

Download the interactive edition (with bonus content!) of Men's Fitness on iTunes, or buy a digital copy at Amazon or Google Play.



BREAKFASTER.

Made with invigorating whole grains and real fruit to help you move at the speed of morning.

THE BREAK*FAST* BAR



Leave no stone

How have you evolved over the past year? \P No, scratch that. How have you evolved over the past five years? Ten years? \P If you look back on yourself, what do you see? \P As a longtime CEO, I've been blessed with a "View from the Top" for many years. And one of the things I've learned from this lofty perch is that there's actually no such thing as "the top." No matter where you are, there's always farther to climb. And that's a good thing. The place you are right now—in your career, in your relationships, in your fitness goals—is entirely temporary.

If you don't love exactly where you are, rest assured: Things are going to change. And if you do love where you are, remember: Things are going to change. The question is, what's going to be the driving factor in that change—you, or fate?

A guy who knows a lot about driving his own fate is our cover guy, Mark Wahlberg, star of this month's *Ted 2*. He grew up as a poor kid

in the streets of Boston. After a few not-insignificant run-ins with the law, he made his way to music, then parlayed some early success into a modeling career. A lot of guys would have stopped there, but Wahlberg is all about personal growth. He hacked his way into Hollywood, first as an actor, then as a producer and power broker, helping bring HBO shows like *Entourage* and *Ballers* to life. Now he's growing in new directions as an entrepreneur, with a line of water, a supplements business, and a burgeoning restaurant chain.

But his greatest turnaround isn't going from street rat to financial juggernaut. It's going from aimless, drifting youth to mature husband, deeply engaged father, and devout (though questioning) Catholic—qualities that aren't exactly common currency in Hollywood.

How does he do it all? As you'll read in this month's cover profile by Karl Taro Greenfeld (page 90), he's highly motivated, conscientious, and disciplined. (Even if he's going to play 36 holes of early-morning golf, he gets up beforehand to pray.) And that motivation—especially to be a great dad—comes, he says, from his desire to transcend the experiences of his earliest years. Reading his story is like getting a firsthand lesson in how to evolve and improve, through patience, hard work, and a commitment to never giving up.

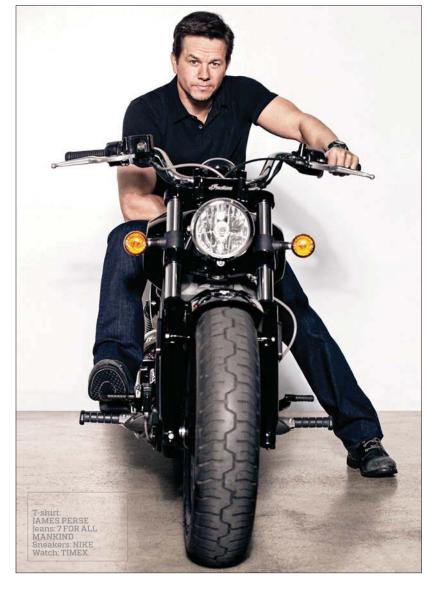
Of course, you need tools to make big life improvements, and you'll find many of them in these very pages. This year's "Red Hot Summer" guide takes you out of your comfort zone and sends you paddling across Cuba, running at an EDM festival, relaxing or working out on the beach, even racing a cheap, souped-up heap of a car with your buddies. Sounds like fun, right? Turn to page 83 to begin your ultimate (and fitness-friendly) summer journey.

It's time to have a ball, to challenge yourself, and to keep evolving on every level. After all, a guy standing still is hardly a guy at all.

Enjoy the issue.

DAVID J. PECKER Chairman, President, and Chief Executive Officer of American Media, Inc.

"I GREW UP WITH NOTHING. IN AMERICA, IN ONE GENERATION YOU CAN TURN THAT AROUND."





The completely redesigned 2015 Edge Sport is here and ready to put you in life's pole position. Standard 2.7L EcoBoost® V6 and sport-tuned suspension. Available all-wheel drive. Just what you need when life throws you a curve. Or a straightaway. Go to ford.com to find out more.





Advisory Board

Sometimes, even we need advice. Here's who we ask.

STRENGTH TRAINING

CJ Murphy, M.F.S. Owner, Total Performance Sports, Everett, MA

Jim Smith, C.S.C.S. Owner, Diesel Strength & Conditioning

Zach Even-Esh Owner, Underground Strength Gym, Edison, NJ

Ben Bruno Personal trainer. Los Angeles, benbruno.com

PHYSICAL THERAPY



Jay Dicharry, M.P.T., C.S.C.S. Director of biomechanics, Rebound Physical Therapy; coach, USA Track & Field; coach, USA Cycling, Bend, OR

WEIGHT LOSS

Bob Harper Fitness expert; best-selling author of Jumpstart to Skinny: trainer. NRC's The Riggest Loser

Chris Powell, C.S.C.S. Trainer: author: transformation specialist, ARC's Extreme Weight Loss

Frank G. Bottone Jr., Ph.D., R.D. Author, The Diet Denominator: Fill Your Tank for Less

NUTRITION

Elizabeth M. Ward, M.S., R.D. Award-winning writer, nutrition consultant, spokesperson

Angela Lemond, R.D.N. Owner, Lemond Nutrition; spokesperson, American Academy of Nutrition and Dietetics

FOOD

Danny Boome Celebrity chef; international TV host, currently on Good Food America for Veria Living

Candice Kumai Author, Clean Green Drinks. candicekumai.com

Devin Alexander Celebrity chef; host, PBS's America's Chefs on Tour; New York Times best-selling author

SPORTS PERFORMANCE

Jason Ferruggia Owner, iasonferruggia.com



Dan Trink, C.S.C.S. Owner, Trink Fitness

Jon Hinds Owner, Monkey Bar Gym, Madison. WI

Kevin Lilly Former D1 football player, trainer of actors and athletes in L.A.

SPORTS NUTRITION

Shelby Starnes IFBB bodybuilder: owner. shelbystarnes.com



Nate Miyaki, C.S.S.N. Owner, natemiyaki.com

MALEHEALTH

Steven Lamm, M.D. Director, Men's Health Center, New York University Medical Center

MOTIVATION

Martin E. Ford. Ph.D. Professor of education. George Mason University

PSYCHIATRY

Michael A. Grandner, Ph.D. Instructor in psychiatry, Penn Center for Sleep and Circadian Neurobiology. University of Pennsylvania

RELATIONSHIPS

Nick Savoy President, Love Systems; author, Magic Bullets Handbook; lovesystems.com

ENDURANCE

Pete Jacobs 2012 Ironman world champion, Sydney, Australia

DERMATOLOGY

Annet King Director of global education, the International Dermal Institute and Dermalogica

FINANCE

Roy Cohen Career counselor; author, The Wall Street Professional's Survival Guide; careercoachny.com

Chris Bart, Ph.D. Business consultant: author. A Tale of Two Employees

FASHION

Jorge Valls Men's fashion director, Nordstrom

Michael Gordon

Store director, Tourneau TimeMachine, NYC

GROOMING

Anthony Sosnick Founder, Anthony grooming brand

Israel Leon Master barber, The Art of Shaving, NYC

WILDERNESS SLIRVIVAL

Thomas Coyne, E.M.T. President, Survival Training School of California, Tehachapi, CA

MEN'S FITNE

EDITOR-IN-CHIEF John Rasmus

FULLULA

GALVANIZED BRANDS, LLC

DAVID ZINCZENKO STEPHEN PERRINE Chief Creative Officer JON HAMMOND Chief Media Officer

CREATIVE DIRECTOR Andy Turnbull MANAGING EDITOR, ENTHUSIAST GROUP/BOOKS Brian Good GROUP TRAINING DIRECTOR Sean Hyson, C.S.C.S.

DEPUTY EDITOR Keenan Mayo

SENIOR EDITOR Nina Combs COPY CHIEF Pearl Amy Sverdlin COPY EDITORS Jeff Tomko, Heidi Jacobs, Yeun Littlefield

STYLE AND GROOMING DIRECTOR John Mather STYLE AND GROOMING EDITOR

TECHNOLOGY EDITOR Ben Radding RESEARCH EDITOR Adam Bible ASSISTANT EDITOR

WEST COAST EDITOR Mark Morrison EAST COAST EDITOR Claire Connors EDITOR-AT-LARGE Strauss Zelnick ASSISTANT RESEARCHER Sara Vigneri

ASSISTANT Pamela Nullet ACCOUNTING CLERK Jason Williams EDITORIAL INTERNS Brielle Buis, Alexis Hobbs, Sarah Lee, Bradley Popkin, Christina Simonetti

ART

EDITORIAL PRODUCTION DIRECTOR

EDITORIAL PRODUCTION COORDINATOR

SENIOR DESIGNER Joe Summa CONSULTING DESIGN DIRECTOR

PHOTOGRAPHY

PHOTO DIRECTOR Brian Marcus ASSOCIATE PHOTO EDITOR Henry Watson CONTRIBUTING PHOTO EDITOR

PHOTO RESEARCHER David Carr PHOTO INTERN Aundre Larrow

MENSFITNESS.COM

DIGITAL DIRECTOR Michael Simone SENIOR DIGITAL EDITOR Caitlin Carlson DIGITAL MANAGER Declan O'Kelly VIDEO EDITOR Nate Millado

TABLET DESIGN AND DEVELOPMENT CHIEF DIGITAL OFFICER Sean Bumgarner DIGITAL DESIGNER Linh Le

SENIOR VICE PRESIDENT/PUBLISHER Patrick J. Connors

ADVERTISING SALES

FASTERN SALES OFFICE 4 New York Plaza, 4th Fl., New York, NY 10004, 212-545-4800

INTEGRATED FASHION & GROOMING DIRECTOR Erica Edwards

INTEGRATED ACCOUNT DIRECTORS
Joell Bajoras, Lexa Crowley Gottlieb INTEGRATED ACCOUNT MANAGER Casev Braun

BUSINESS MANAGER Ivelise Estremera ADVERTISING SALES ASSISTANT Flita Nicholson

ADMINISTRATIVE ASSISTANT

MIDWESTERN ACCOUNT DIRECTOR
Jessica Brining
325 W. Huron Street, Suite 708,
Chicago, IL 60654, 212-547-4012

WEST COAST DIRECTOR Debbe Levy 6420 Wilshire Blvd., 15th Floor, Los Angeles, CA 90048, 323-658-2041 DETROIT SALES REPRESENTATIVE

Jay Gagen RPM Associates, 248-690-7013

ACCOUNT DIRECTOR-DIRECT MARKETING Lorelis Marte

INTEGRATED MARKETING

ASSOCIATE DIRECTOR Rachel Daly SENIOR MANAGERS Suzanne Janow. Jennifer Mitschke

ASSOCIATE Danielle Manzi

CREATIVE SERVICES CREATIVE SERVICES DIRECTOR Bill Jobson

PROMOTIONAL ART DIRECTOR

MANUFACTURING AND PRODUCTION

PRODUCTION MANAGER

DISTRIBUTION COORDINATOR Marc Melche

INTERNATIONAL

International editions of Men's Fitness are published in the following countries















WEIDER PUBLICATIONS, LLC A SUBSIDIARY OF AMERICAN MEDIA. INC.

CHAIRMAN, PRESIDENT & CHIEF EXECUTIVE OFFICER David Pecker

EXECUTIVE VICE PRESIDENT/CHIEF MARKETING OFFICER Kevin Hyson EXECUTIVE VICE PRESIDENT, CONSUMER MARKETING David W. Leckey EXECUTIVE VICE PRESIDENT/CHIEF FINANCIAL OFFICER/TREASURER Chris Polimeni SENIOR VICE PRESIDENT/CHIEF DIGITAL OFFICER Brian Kroski EXECUTIVE VICE PRESIDENT, DIGITAL MEDIA OPERATIONS/CIO David Thompson

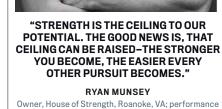
SENIOR VICE PRESIDENT, OPERATIONS Rob M. O'Neill GENERAL MANAGER, AMI INTERNATIONAL & SYNDICATION Lawrence A. Bornstein

> **FOUNDERS** Joe Weider (1920-2013) Ben Weider (1923-2008)









specialist; sports nutritionist; best-selling

Amazon author. houseofstrengthgym.com

Portraits: courtesy of contributors



Sleep like a bear.

The non-habit forming sleep-aid from the makers of NyQuil.™ Sleep easily.
Sleep soundly.
And wake refreshed.



Use as directed for occasional sleeplessness. Read each label. Keep out of reach of children. © Procter & Gamble, Inc., 2014 Want to keep your phone, network, number <u>and</u> save up to half the cost?

Connect the dots to find out how.



The Bring Your Own Phone Plan.

For just \$45 a month, get unlimited talk and text with 3GB of high-speed data on America's largest and most dependable 4G LTE networks. No contracts. No mystery fees. Start saving at StraightTalkBYOP.com



30-day Unlimited Plans include 3GB of high-speed data per 30-day cycle. After 3GB, your data speed will be reduced to as low as 64kbps for the remainder of the 30-day cycle. If your data speed is reduced, the reduced speed may impact the functionality of some data applications, such as streaming audio or video or web browsing. Straight Talk reserves the right to terminate your service for unauthorized or abnormal usage. Please refer always to the latest Terms and Conditions of Service at StraightTalk.com.

^{†&}quot;Half the Cost" is based on a service comparison of the two largest contract carriers' monthly online prices for comparable individual post-paid contract service plans and Straight Talk's \$45 service plan. Excludes the cost of the phone, additional fees and limited time promotions. Source: Contract carriers' websites, March 2015.

^{*4}G/4G LTE networks are not available in all locations and require capable device and SIM card. Actual availability, coverage, and speed may vary. LTE is a trademark of ETSI.

EDITED BY NINA COMBS

HARD-HITTING NEWS FROM THE CUTTING EDGE OF RESEARCH

Breakthroughs

Heads up!

Thought there was nothing left to learn about nutrientrich, detox-boosting broccoli? Not so fast. Check out all the brand-new intel on page 18.

Food styling by A

LEVIBROWN



Outrun the Grim Reaper

You've read all those studies saying that intense exercise is just the ticket for revving up your metabolism, building lean muscle, and attracting admiring glances around the pool. But now there's research that proves it's good for something even more important—keeping you alive longer. ¶ Exercise that gets you huffing and puffing—like running hard or playing competitive tennis—can reduce your risk of early death by up to 13%, new research in *JAMA Internal*

Medicine shows. The six-year study on more than 200,000 people also found that those who exercised vigorously for more than 30% of their workout got the most benefits. \P "This modest but significant additional risk reduction shows that there are greater health benefits from vigorous activity," confirms researcher Klaus Gebel, Ph.D. \P So a casual jog or slow bike ride is fine for, say, a jaunt with your grandma, but it's a balls-to-the-wall workout that really pays off in the long run.



Don't blame your genes for how you look in your jeans

■ Just because the men in your family end up with paunches they can balance a dinner plate on doesn't mean you have to. In new research on identical twins and exercise, nurture has just given nature a big punch in the nose.

For three years, the groundbreaking study, reported in *Medicine*

& Science in Sports & Exercise, followed 10 sets of identical male twins-remember, that's near-identical DNA-in which only one twin worked out regularly.

At the end, the twins who were most active not only had less body fat (not a shock), but their bodies also had better insulin response and higher endurance levels, and the regions of their brains devoted to motor control and

coordination were more highly developedall of which affect how much you weigh.

"The findings on body fat were expected," says study head Urho Kuala, Ph.D. "But the fact that physically active twins had more gray matter compared with their inactive twins was surprising."

So get to work and the next time you take a big family portrait, people will start asking if you were adopted. YOU CAN
FIGHT YOUR
DNA: ACTIVITY
LEVEL, NOT
GENETICS,
DETERMINES
HOW YOUR
BODY LOOKS.

The 30-degree solution for building muscle

■ It's standard to use a flat bench for presses, but to fully activate your pecs, be sure to also do presses on a bench set at a 30-degree incline, the European Journal of Sport Science reports. A 45-degree incline is OK, but 30 seems to be the sweet spot.

Not your run-of-the-mill treadmill

■ An intense run is a great way to up your fitness level and lengthen your life—but it can also lead to painful wear on your joints. Enter the Octane Fitness Zero Runner (octane fitness.com), which makes pounding the pavement—or treadmill belt—a thing of the past.

The Zero Runner mimics your real running motion but with no impact, using independent pedals and special hip and knee joints to match your stride and lock into your own natural running motion. The faster you run, the more resistance you get.

Once you're used to it, running on a traditional treadmill or even elliptical trainer feels like slogging through swamp mud. It takes a few tries to get the hang of the thing, but when you do, it's a superintense but weirdly freeing workout, as if you're running in midair.

And since it's selfpowered (the battery charges as you use it) and nonimpact, it's virtually silent, so your downstairs neighbors won't be pounding on the ceiling as you finish your workout with one last sprint.



Broccoli bonanza

Broc, stock& barrel

There's some surprising news about broccoli, one of the healthiest, tastiest (if you don't boil the life out of it, that is) vegetables on earth

NO.

You're cooking it to death

■ A recent Wakefield Research survey found that 76% of Americans cook broccoli for way too long—10 minutes or more—and 13% think high heat will actually activate its healthy enzymes.

In fact, it's just the opposite: Long, hot blasts of heat degrade essential nutrients and deplete the valuable phytonutrient glucoraphanin, which protects against oxidation and cellular stress.

To max broccoli's benefits, follow these cooking steps:

- Cut florets into small pieces and slice stems thinly to rupture cell walls, allowing the enzyme myrosinase, a precursor to glucoraphanin, to form.
- Squeeze a little lemon juice over chopped broccoli to help activate even more myrosinase.
- Let broccoli sit for 5 minutes for maximum enzyme creation.
- Steam the broccoli for up to 5 minutes on stove or in microwave till it turns bright green.

NO. 2

There's a new "super" broc coming to town

In the early '80s, British scientists went on a global expedition to find wild broccoli varieties with more nhytonutrients In Italy, they came upon one with naturally souped-up glucoraphanin. They naturally crosspollinated it with regular broccoli, and eventually one of its descendants birthed a new broccoli that's grown in California and is now on the market.

Dubbed Beneforté, the hybrid has two to three times more glucoraphanin than regular broc, so eating just 1.5 cups a week (word on the street is it tastes like regular broccoli) can lower LDL, or "bad," cholesterol 6% in just 12 weeks, independent U. of Reading research found.

Beneforté comes washed and trimmed in breathable bags to extend freshness. Expect it here early next year. beneforte.com Sproutrageous: Fresh broccoli sprouts can have up to 100 times more antioxidants than broccoli florets themselves.

NO. 3

Sprouts do your mouth a favor

■ Don't want to gnaw on a head of broccoli tonight?
Add some crisp broccoli sprouts to your salad or sandwich, or just eat them plain. It's a smart move: Broc sprouts grown for only three days can have up to 100 times more

glucoraphanin than mature broccoli heads.

Plus, an extract made from sprouts can reduce the number and frequency of oral cancer tumors, a University of Pittsburgh study on mice has shown. So our anticarcinogen arsenal may soon have one more weapon.

How to grow your own sprouts

- Rinse 3 tbsp organic seeds (available online). Place in bowl of water; soak 6-24 hours. Drain, then rinse again.
- Put wet paper towels in bottom of a sterilized container; sprinkle a thin layer of seeds on top. Cover w/plastic wrap w/air holes.
- Place near window (not in direct sun).
- When thick growth has tiny leaves (usually 3-5 days) rinse & remove seed hulls.

Propstyling by Angela Campos/Stockland Mar





Maple syrup finally does something right

Your favorite pancake topper may be good for more than just, well, topping pancakes. It could actu-

ally be added to antibiotics to help them kill germs, say scientists at McGill U., who made concentrated extracts from maple syrup (which raised its antioxidant levels). then applied the syrup solution to common harmful bacteria strains like E. coli. When they added antibiotics, voilà: They had an antimicrobial superkiller that laid to waste whole bacteria communities.

Not very appetizing to think about-but it does mean that adding natural compounds to doses of antibiotics could boost their bacteria-busting power and maybe even fight drug-resistant bacteria strains.

Cut calories, cut muscle?

Severely limiting how many calories you eat may combat heart disease and even extend your life, research suggests. But don't try it when you're young or your muscles may pay the price.

In a new study conducted in China, the calorie intake of young and middleaged rats was cut by 40%. And, surprise: Young rats lost muscle mass but older rats kept it, along with a more youthful metabolism. In short, they got to kick some

voung mouse ass for a while.

immune system

So wait till midlife to test extreme calorie reduction; and even then, cut no more than 35%-a 40% drop isn't recommended for humans (not even supermodels). SOURCE: AMERICAN JOURNAL OF PHYSIOLOGY—ENDOCRINOLOGY AND METABOLISM

Soft drinks' allure continues to fizzle

Studies confirming that soda really is as bad for us as we think continue to pile up-so, hey, here's one more.

In the first-ever study to establish a direct link between sugar-added sodas and heart-disease risk, UC Davis reports that subjects who downed drinks with low, medium, and high amounts-read: any amount-of high-fructose corn syrup for two weeks raised their (heartdamaging) blood levels of LDL, or "bad." cholesterol and triglycerides.

And though another UC Davis study found that sugary beverages can relieve stress by blunting cortisol, it also found that stress relief was actually just the start of an unhealthy cycle: Stress drinking soda → relief → more stress → more soda, which led to weight gain. So hardly a ringing endorsement.

With the CDC reporting that almost half of Americans are drinking these sugar bombs daily and 35% of adults are obese, it's clearly time to step away from the pop-top and up your intake of water.





Heart-smart.

49 PISTACHIOS

- · 160 calories
- · 6 grams protein
- · 3 grams fiber



Dumb-dumb.

13 FLAVORED TORTILLA CHIPS

- · 160 calories
- · 2 grams protein
- · 1 gram fiber

You don't have to go to Harvard to figure out a fistful of pistachios is more satisfying than a few measly flavored tortilla chips. It did, however, take a recent Harvard study to suggest eating nuts seven times a week or more is as healthy as it is smart. Pistachios are naturally cholesterol and trans fat free, a good source of protein and fiber, and heart-friendly. So get crackin'. And get snackin' with smarts.





Get Crackin'



Checkmate your way to a sharper mind

Brain

A stimulating hobby can keep your brain firing on all cylinders well into your late decades, a new Mayo Clinic study has discovered. ¶ The four-year research project, which involved 256 elderly subjects who showed no signs of dementia, found that those who regularly engaged in hobbies like painting, sculpting, playing board games, woodworking, knitting, and computer gaming showed a significantly lower risk than normal for developing mild cognitive impairment, or MCI. ¶ Not surprisingly, participants who began pursuing their hobbies around midlife had better results than those who started later; in fact, the earlier you start, the better, says study head Rosebud O. Roberts: "These activities are important to maintaining brain health, so find an activity that works with your schedule, and continue it throughout your life."-JAMES ROSENTHAL

Garlic fights brain drain

■ Already a nutritional superstar for its antioxidant and anti-inflammatory benefits, garlic may also fight degenerative brain diseases like Alzheimer's and Parkinson's.

When environmental stress damages the brain, immune cells race to the site and multiply to protect the brain from further harm. Unfortunately, as these immune cells mobilize, they produce nitric oxide, a molecule that can benefit some tissues by opening up blood

vessels for hetter flow to muscles but harm others as excess nitric oxide is thought to contribute to degenerative brain diseases.

Now Missouri School of Medicine scientists have found that a carbohydrate in aged garlic, known as FruArg, can inhibit nitric oxide production and protect the brain against aging and disease.

Can you just order linguine with garlic and oil to rean the benefits? Not exactly, "Garlic supplements offer more beneficial properties," says lead study

author Zezong Gu. M.D., Ph.D., who recommends 300-1,000 mg a day of aged garlic extract powder to get the effects.



Case cloved:

A carb found in

aged garlic and

Write yourself a love note (then go get that job)

Writing down positive thoughts about yourself before an interview or negotiation may sound corny, but it could be the deciding factor when you go to land a job, get a promotion, or negotiate a deal.

When researchers put subjects-who played boss and job candidate or buyer and seller-in oneon-one interview scenarios they'd created, those playing power positions generally performed the best, the Society for Personality and Social Psychology Bulletin reported.

But when those playing the lesspowerful person wrote down selfaffirmations-like their job strengths or positive personal traits-beforehand, the tables turned:



You are the greatest! Ali-style self-affirmations can give you the confidence to win

Interviewees had more confidence and negotiated better salaries, benefits, and vacation time, and buyers paid substantially less for their purchases.

One thing to keep in mind: While participants who simply thought about their affirmations instead of jotting them down did see some performance improvement, those who actually wrote them ended up performing better overall.

THE NEWEST THING IN BATTERIES ISN'T 100% NEW.

Introducing *Energizer*_® EcoAdvanced[™]







Blue-block your way to a good night's sleep

■ It's a good thing BluBlocker sun-glasses—those windshield-size, orange-tinted shades from infomercials of yore—are now available in great-looking styles. Because you're going to want to start wearing them at home. At night.

So you can sleep. Turns out, the orange-tinted lenses do more than just cancel out the sun's blue light waves. which research suggests can cause macular degeneration. Swiss researchers have now discovered the specs also block the blue glow from smartnhone tablet or lantop LEDs, which the eyes' retinal photoreceptors read as "daytime," causing them to signal the body not to produce the sleep hormone melatonin. Indeed, test subjects

who wore orange lenses while scanning screens had significantly more melatonin in their saliva than those who sported clear lenses, the Journal of Adolescent Health reports

So, blue-block when using your devices in the evening, then enjoy a nice, restful sleep. Once your girlfriend stops laughing at you, that is.

Darwin wants you to get a tattoo

■ Who'd think growing your facial hair or having "Mom" inked on your arm could help you score with the ladies?

It's just the law of the jungle, says a new U. of Western Australia study.

Female primates, it found, judge males' rank and attractiveness based on visible markers. Think: long noses on proboscis monkeys, silver hair on hamadryas baboons, and cheek flanges on orangutans.

For us, a marker could be an artful piercing, vibrant tattoo, or neat beard (even baboon babes turn their noses up at grizzly faces).

And the more competition for chicks, the more critical the markers: "In large groups of strangers, we need a quick tool to evaluate a mate's strength and quality," says study head Cyril Grueter, Ph.D.

Beards, tats, and earrings not your style? Jolt your look with jauntier socks, ties, or tees.

Reach your style goooooooool!

ESPN broke U.S. audience records for men's World Cup matches when 11.1 million sets tuned in to watch our guys play Ghana last year; and American youth soccer registration is soaring. ¶ Now, to



further fuel our fandom of "the beautiful game" (as Pelé dubbed it), there's *Associated*, a sharp, news-printed fashion pub featuring cutting-edge athletic-inspired looks, noteworthy professional players, and soccer communities countrywide. And these are looks you can actually wear: Says its editor and founder, British soccer enthusiast Allan Kennedy, "We make a point of showing the soccer physique—it's more accessible for the ordinary guy than that of traditional American sports, where size can get freakish." ¶ With its mix of players, fans, and models sporting cutting-edge casual gear, *Associated* bridges the gap between athletic style and sports culture. "We leave the stats and team info to other outlets," says Kennedy. "We want to redefine the American soccer landscape with our powerful use of imagery." ¶ *Associated* comes out twice this year and quarterly in '16; look for it at select high-end news agents and retail stores. It'll run you \$10—a small price to pay for such a fashion score. (*associatednyc.com*)-Andrew c. Stone

24



The First Ever DRY SPRAY ANTIPERSPIRANT

FROM AXE°



GOES ON DRY, KEEPS YOU DRY WITH NO VISIBLE RESIDUE



Say thank you and your heart will thank you

■ Talk about easv− no pushups, no cardio. no rabbit-food diet. All it takes to give your heart a healthy boost is a little bit of gratitude.

Researchers at UC San Diego asked 186 individuals who'd had Stage B heart failure for at least three months to fill out questionnaires measuring indicators like spiritual and emotional wellbeing (including how thankful subjects generally felt), depressive symptoms, sleep quality,

fatigue, and inflammatory markers.

Results showed that those who felt and expressed the most gratitude also experienced happier moods, slept better, were less tired, and had less cellular inflammation-all of which improved their prognosis for dealing with heart disease.

"Gratitude supports our well-being by shifting our attention from endless self-focused rumination to connecting with the world around us." says lead author Paul I Mills Ph D You're welcome.

Shoulda stuck with those piano lessons...

A robot could be doing your work very soon-that is, unless you can sing, write, or draw. According to research conducted in Great Britain, creative artists are less likely to be replaced by automation than are workers in other professions.

By Zeus! **Getting laid** more = getting paid more

■ Now here's some advice vou can take to the bank and the hedroom: Have more sex and you'll make more money.

So says a study out of England's

Anglia Ruskin U., which compared data (demographics, health, earnings, sexual activity) on 7,500-plus Greeks and found that those who had sex two to three times a week earned about 4.5% more than their lesslucky compatriots. Researchers theorize that being more fulfilled at home makes people more successful at work.

"Being sexually active seems to be a proxy for good health," says study honcho Nick Drydakis. Ph.D.. "and that itself correlates with having higher energy for everything, including work."

Go ahead start your own experiment at home tonight.

You never know where danger lurks, but you don't have to carry a Ruger or own a rottweiler to always be prepared. ¶ According to the entertaining new book A Guide to Improvised Weaponry (if a book on how to stab a villain's leg with a pencil-turned-shoespike can be considered "entertaining"), no matter where you are, a weapon of self-defense is right at your fingertips. Yes, say authors Terry Schappert—a Green Beret and host of Discovery Channel's Dude, You're Screwed—and Adam Slutsky, just a little quick, out-of-thebox thinking can make you more Bond than Boy Scout. ¶ A thug threatens your Sunday brunch? Throw a handful of salt in his face, then use your girlfriend's high heel as a dagger. That plate of Brie? It's now a throat-crushing saucer of death. Armaments abound: A comb acts as a toothy truncheon; a toilet plunger turns into a poleaxe; a car antenna is a flail. ¶ "There's always something you can use to surprise and overwhelm an enemy," says Schappert. "He picked you because he thought he could take you. Now he's going, 'What am I dealing with?'" ¶ Some "weapons" (a candy bar smashed into a goon's eyes) may sound silly, Schappert admits, but thinking creatively could be the difference between life and death. "Knowing that, you'll be more confident." ¶ Pack a Snickers just to be safe. - JEFF TOMKO

GET TO KNOW

THE UNKNOWN

 Wm. Wrigley Jr. Company. All Rights Reserved. 5. Stimulate Your Senses. Rain, Cobalt, affiliated designs are trademarks of the Wm. Wrigley Ir Company or its affiliates.





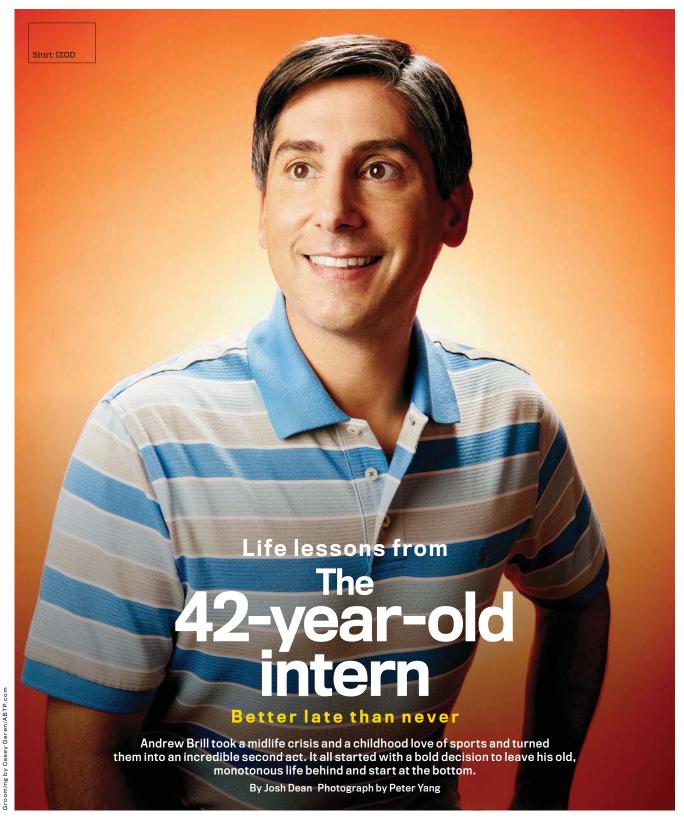
BE THE BOOM IN THE ROOM.

PURE UNFLAVORED WATER +
GATORADE-LEVEL ELECTROLYTES

propel ELECTROLYTE WATER
LYUS UP YOUR WONKOUT



Game Changers



Life coach

Live from New York
Andrew Brill, the New
York Giants and Brooklyn
Nets beat reporter for ESPN.



S

Seven years ago, Andrew Brill was more or less your average American guy. He had a job he didn't love, but it paid the bills and supported his family. The New York native grew up loving sports and even once dreamed of making a living in that world. But, like many boys who grow up to become men, it just didn't happen. ¶ In college, Brill majored in business, but by the time he graduated he still had no idea what he wanted to do with his life. "As a kid, you think 20 is really old, and that you have time to think about what you're going to do," he says, looking back. "What you don't realize is that it goes really fast and you have to figure things out pretty quickly."

So when Brill's father offered him a job as operations manager of the family business—an office coffee and refreshment service—he took it. Suddenly, Brill found himself in charge of inventory, trucks, drivers, and all the moving parts that ensured that a vast constellation of office kitchens and break areas across the five boroughs of New York City were stocked. A few years later, after his father died, Brill became the sole owner of the business, one he had no passion for. "All the worries were on my shoulders," he says. "It was a struggle. The business was fine; it just didn't make me happy."

By the early '90s, Brill had gotten married and decided to take control of his career. He chose medical school, going back to college at night to fulfill the prereq courses. He was intrigued by the idea of becoming an orthopedic surgeon specializing in sports injuries. He was also still working days at the office refreshment company, so it took him more than 21/2 years to finish. At 31, he faced a difficult choice: stick with the refreshment business and start a family, or embark on six or seven more years of long hours and low pay in a medical residency. "We ended up starting a family, so I just stayed in the business," Brill says.

As the years passed, Brill's wife could tell her husband wasn't happy; she also knew his unhappiness wasn't bad just for him, it was also bad for the entire family. His misery was evident even to his friends.

Then Brill had his epiphany. "When you wake up and dread going to work, thinking, 'I can't do this for another second,' it's time to change," he says. "Nobody should live that way." Though he worried what others would say, in the end, everyone rallied around him as he decided to make a change. "In the end, people understand that no one deserves to enter into old age and be totally unfulfilled."

So Brill did something very few

Americans do: He hit the reset button on his career and, more importantly, on his childhood dreams. Brill decided to pursue his first love, sports. What exactly that meant, he had no idea.

CHANGING CAREERS LATE IN LIFE HAS

its advantages. Years of life experience as well as business experience helped Brill quickly identify a path toward achieving what most would consider a pipe dream. He decided journalism would allow him to work his way up in the sports world as a reporter. Ironically, his age and experience also meant he was wise enough to know he'd have to start at the bottom.

Brill enrolled in college for the third time in his life. And though that meant taking more classes, that wasn't the real goal. He'd made a few phone calls and learned that the only way to get an internship in TV was to be eligible for college credit. Brill picked the Borough of Manhattan Community College, specifically because he knew it had an internship center that could help him line up grunt work with local TV stations.

After being shot down by several networks, in 2008, at age 42, Brill joined the sports desk at WABC-TV New York when the news director decided he was willing to give him a shot. He was nervous on his first day, so he dressed in the most comfortable way he knew how-like the manager of an office coffee and refreshment business. The other interns were amused, but the higher-ups felt his age was a refreshing change. Evening news anchor and local legend Bill Ritter said Brill's story "resonated" with him: "He was taking the unsafe road, and I liked him a lot." Longtime ABC-7 sportscaster Scott Clark introduced himself and asked Brill where he went to school. Brill launched into his story, but the anchor cut him off. "I don't want to know," he said. "Welcome. Don't fuck up."

Several days a week, Brill would go to the station straight from working a full shift at the family business and stay until

(continued on page 146)

The Late-Bloomer Hall of Fame

True success is sometimes born out of starting over. Here are four guys with famous second acts.

Jon Hamm

■ Before Mad Men, Hamm was a St. Louis drama teacher who made quite a lasting impact in the classroom. Ellie Kemper star of Unbreakable

Kimmy Schmidt—was actually a student of his and recalls: "He was just as handsome back then. [Having Jon Hamm] teach you theater, it was like have ing a hunk in the class."

Dick Costolo

Before he was the CEO of Twitter, Costolo was a comedian rising through the ranks of Chicago's The Second City, the improv troupe that launched the careers of Stephen Colbert and Mike Myers. "People have Plato's form in their mind of...what a CEO is...a bunch of elements I really don't conform to," he told The New York Times. " I came to the conclusion that I don't care.

Ken Jeong

■ Most M.D.s have a few cheesy jokes up their sleeve, but Jeong, of *The Hangover* and *Community* fame, never let his patients in on the secret. "It was really important to me to not be Patch Adams," he told NPR. After his big break as a doc in *Knocked Up*, he left medicine for good.

Michael Strahan

The road from gridiron to TV is a well-worn path. But no star has made the transition like Strahan. As he told Men's Fitness last year, he owes his success to one simple fact: He has no problem routinely humiliating himself.



Strahan: Lorenzo Bevilaqua/Disney-ABC/Getty Images; Jeong: Neal Peters Collection; Costolo: Rick Wilking/Reuters/Corbis







NICE THREADS

See the Great. Feel the Great.

It's the warmth of beautifully stitched genuine leather that fits the hand naturally. It's a 5.5" IPS Quantum QuadHD display and 16 MP camera with an f/1.8 lens underneath it. It's a smartphone that performs as beautifully as it looks. It's the all-new G4 from LG.









The right plan (for you)

Searching for the "best" workout will hold back your gains. Here's what you need to know about training programs. By Sean Hyson, C.S.C.S.









Well Armed

The LG Watch Urbane, the Genuine Smartpiece. Equipped with Android Wear, it can send texts, deliver notifications, give turn-by-turn directions, sync and play your favorite tracks, and more. With its interchangeable leatherstraps and classic gold or silver finishes, it proves the future of innovation can indeed be timeless.

androidwear

Genuine Smartpiece

LG Watch Urbane



LG Watch Urbane

©2015 LG Electronics U.S.A. Inc. All rights reserved. LG and Life's Good are registered trademarks of LG Corp. Other trademarks and trade names are property of their respective owners. Screen images simulated. Design, interface & color options may vary. Android Wear is a trademark of Google Inc.



Training

The truth about periodization

■ Once you get beyond the beginner stage of weight training-when you can do just about anything and see progress-you need to learn to "periodize" your workouts. Periodization is a general term for any plan that allows you to make long-term gains while avoiding plateaus and injury, but the concent itself doesn't have to be as complicated as its name. "You can add weight to your exercises," says Jason Ferruggia, a strength coach and author in Los Angeles. "Basically, change the exercises, do more reps, sets, or rest less between sets." Change everything, in turn, over time, and then change again as needed

Of course, there are more sophisticated and organized systems of periodization out there aimed at strength, muscle size, and sports performance, but one approach isn't necessarily better than

another, provided it's well thought out and goal oriented.

Try gathering a bunch of trainers together, though, and most of them will argue till their protein shakes turn sour that one system trumps all others. Fortunately, research is showing otherwise.

This year, the Journal of Science and Medicine in Sport compared two different programs and their effects on strength in rugby players. One was an old-fashioned linear periodization model, in which subjects started off using lighter weights and a high volume of sets and then progressed to heavy weights and low volume. The other used undulating periodization, in which the sets and reps change each workout. Ultimately, both groups made gains, and there was no significant difference between the grouns

Last year, a study in the Journal of Strength and Conditioning Research pitted linear peri-



odization against block periodization, another common approach in which trainees work toward one specific goal (size, strength, power) at a time in specified training blocks. At the end of 15 weeks, the block group saw better gains in bench press strength, but there were no differences in lower-body

strength or body composition.

"I think [all types of periodization] work, and there isn't a huge advantage in one over the other," Ferruggia says. "This is especially true for guys at a novice to intermediate level—which is most of us."

So if everything works, why are so few getting the results they want? "The guys who never get anywhere are the overanalyzers," Ferruggia says. "They're always searching for the perfect program, the best angle for their bench on incline curls." They end up changing programs too often to give any one enough time to work. But if they (or you) knew the principles that make a good program, and follow them long term, they could make gains indefinitely. These include the following (at left).



HARD FACTS OUR TRAINING DIRECTOR, SEAN HYSON, SOLVES YOUR WORKOUT CONUNDRUMS

"How much cardio do I need to burn fat?"

CEDRIC L., DANBURY, CT

■ Consider this: A hard aerobic workout can burn about 500 calories in an hour, but a meal of chicken, rice, and vegetables is around 400 calories. Even when you work very hard to burn calories you can easily replace them with food.

What about HIIT? Well, high-intensity interval training is helpful, but it's a bit overblown, Proponents argue that it revs your metabolism for hours after the workout. but this isn't as dramatic as it sounds. A review in the Journal of Sports Sciences found that this metabolic effect amounted to, at best, only 15% of the calories you burned in the ses sion. So if you burned 300 calories, you may burn another 45 over the next day. Whoop-de-doo.

I'm not saying to cut out cardio, but controlling calories with your diet is more impactful. With that said, a cardio regimen can include up to five days of moderate activity for 30 to 60 minutes and two days of interval sessions for 20 minutes.

Sean Hyson, C.S.C.S., is the Men's Fitness training director and author of 101 Best Workouts of All Time. 101bestworkouts.com.

The Principles of Muscle Gain

Follow these four tenets to Shredsville

Balance. You won't make any progress if you're hurt. A program that doesn't include at least as many sets of pulling exercises as it does pushing will set you up for shoulder injury. You also need time for recovery, so make sure your workouts are spaced appropriately and don't lift heavy more than three times a week. "If you're over 35, it's never necessary to go heavy," Ferruggia says.

Challenge. There's a reason squats and bench presses are used frequently in studies that measure muscle and strength—they work. Base your program around hard exercises that work the most muscles, such as squats, presses, rows, chinups, deadlifts, and all their variations.

Specificity. If your goal is to boost your bench press, you need to train on the bench frequently and target your weak points. Doing a high-rep circuit routine won't help you bench more. Focus on one goal at a time.

Variety. "Switch up variables in your workouts every one to four weeks," Ferruggia says. "The more advanced you are, the more frequently you should change things."



MATT HAWTHORNE



Experience the difference

- Virtually eliminate glare
- Maximum UV protection
- Scratch-resistant
- Sharp outdoor color perception
- Easy to clean
- Durable



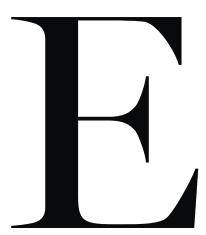
Plus 50x more UV protection than going without eyewear*

*E-SPF® is a global index rating the overall UV protection of a lens. E-SPF was developed by Essilor International and endorsed by 3rd party experts. A lens rating of E-SPF 50+ means that an eye protected by the lens will receive 50 times less UV exposure than an unprotected eye.

Ask for *Xperio UV* lenses in your prescription. XperioUV.com



patterns can make a huge difference to your health By Adam Bible



Everybody loves a quick fix, but playing the long game is the real key to making lasting changes. One recent study from the American Journal of Public Health showed that when people use strategies like setting goals and making minor adjustments to a routine—rather than attempting overly ambitious life changes - physical activity levels soared. Sneaking a few new behaviors into each day can add up to a whole new you.

6:30 a.m.

Wake up with a stretch

■ Flexibility work first thing in the morning helps limber up muscles tightened up from the day before and increases blood flow But don't jump right into the static stretchesdynamic moves ease you into the stretch and get blood flowing.

Try the Lunge Twist

This will activate your core and legs 1) Step forward into a lunge with your right leg. Sink as low as you can, balancing yourself by touching your hands to the

2) Now twist your torso to the right, reaching overhead Keep your lower back flat so you feel the stretch in your hips.

8:30 a m

Walk tall to work

■ When subjects in a 2014 Canadian Institute for Advanced Research study were told to walk with slumped shoulders and less arm movement, they actually reported a worse mood than those who stood up straight. So, to prep mood-wise for the day, push your shoulders back and tuck your tailbone (not your entire pelvis) in slightly.

12:30 p.m. Eat lunch in the sun

A 2005 study in Psychological Science found that exposing yourself to the sun for just 30-45 minutes a day can make you

happier and help your brain process new information Sun also boosts vitamin D levels, which is important for strong bones and immune function. (Three-quarters of us are deficient in vitamin D.) For the D boost, all it generally takes is 5-30 minutes of direct sun at least twice a week

4:30 p.m.

Snack smart in the afternoon

■ Skip the chips and go for nuts and seeds, which contain protein and healthy fatty acids. A large observational study at Harvard University in 2013 suggested that a daily handful of nuts may play a positive role in health

and longevity.

The pistachio is among the lowestcalorie nuts you can buy. Plus. in a preliminary behavioral study researchers discovered that snackers who ate unshelled pistachios took in 41% fewer calories than those who ate nuts that had already been shelled. The empty shells may serve as a visual cue about how much has been eaten, thereby potentially encouraging you to eat fewer calories.



10:30 p.m.

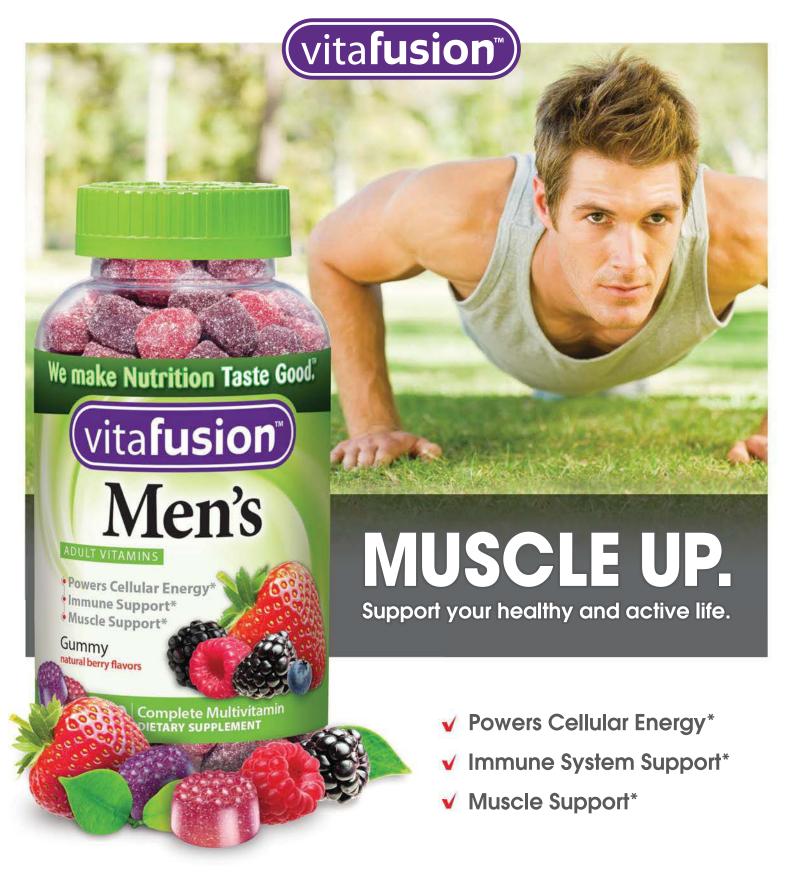
Sleep right

■ Studies show that our body repairs damage done in workouts while we sleep and keeps cells healthy. For the best rest, sleep on a comfortable bed in a cool, dark environment avoid caffeine, and drop your digital devices 30 minutes before-the blue glow can delay the release of melatonin (for more on this. see Breakthroughs Style, page 24).

Some information for this article relating to pistachios was provided by Wonderful Pistachios

Where do you keep

your'stach? Eating pistachios may also give you visual cues that help you down fewer calories



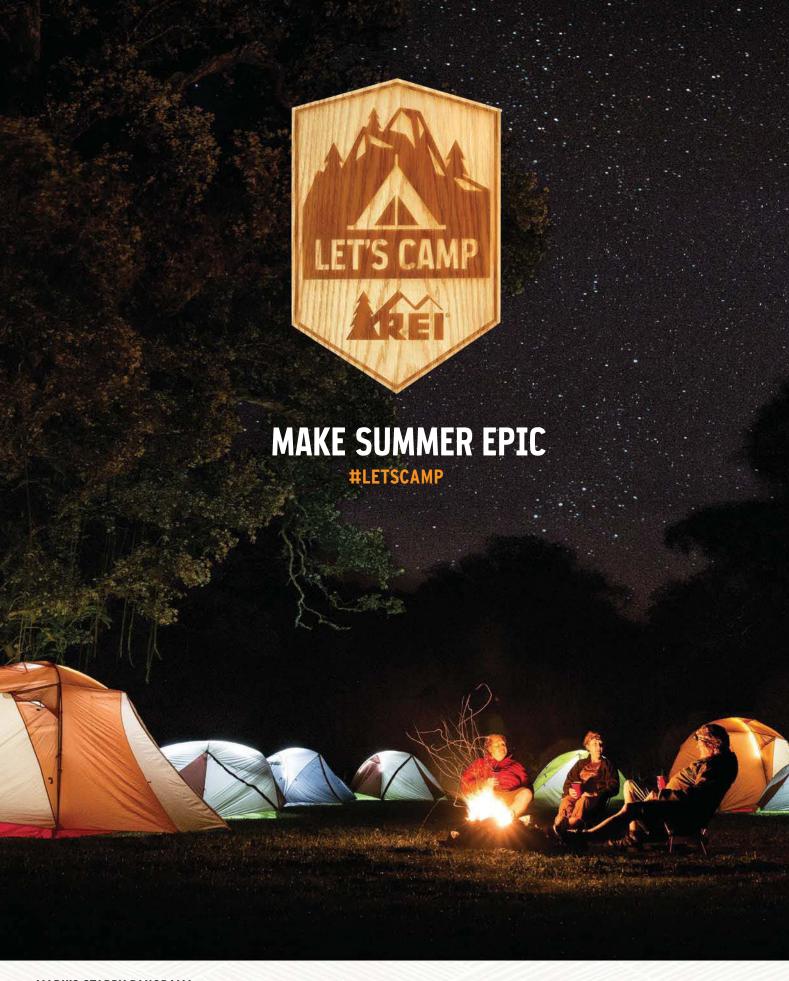
#1 Adult GUMMY vitamin brand fuses health, enjoyment & delicious natural fruit flavors.



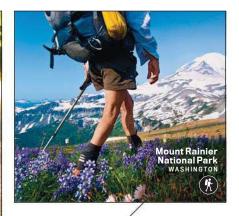


FULL OF FIERCELY FOCUSED, FREE RADICAL-ANNIHILATING ANTIOXIDANTS.

There's a warrior in every bottle of POM Wonderful 100% Pomegranate Juice. And he's ready to defend your health with one swift sip. It's loaded with super-powerful antioxidants from the original super fruit—pomegranates. POM Wonderful. **CRAZY HEALTHY.**







Paria Canyon ARIZONA

Great Sand Dunes National Park

America's bestsummer basecamps

Pick a spot you've always wanted to see and pack up the car with whatever makes you feel most at home

ICONIC ROCK WALLS Yosemite National Park, CA

 The most spectacular view of Yosemite's towering granite walls and cascading waterfalls is looking up at them from Yosemite Valley. North Pines Campground has several riverfront sites and trails heading to Mirror Lake, Nevada Fall, and, much farther on, the roof of Half Dome. Plus, it's a fiveminute walk to showers and a grocery store in nearby Curry Village. nps.gov/yose

DESERT AND DUNES **Great Sand Dunes** National Park, CO

· Many of the tent sites in the only campground in this national park have unobstructed views of the park's otherworldly dune field, full of 750-foottall mountains of sand. Rent a sandboard in nearby Alamosa and rip down the dunes all day. Then, in the evening, kick back and watch the alpenglow light up the blood-red Sangre de Cristo Mountains. nps.gov/grsa

CARIBBEAN GEM Bahia Honda State Park, FL

· With nothing but powdery white sand, clear blue sea, and gently swaying palm trees. Bahia Honda is one of the few remaining undeveloped islands in the Florida Keys. Pitch your tent at Sandspur Campground (sites 64 to 72 are waterfront) and snorkel the nearshore reef to check out huge schools of hardfighting tarpon. floridastateparks.org /park/bahia-honda

SO-CAL SURE Jalama Beach County Park, CA

· Wake up early enough on this windblown stretch of California coast, and you may have the shifty beach break all to yourself. Grab your board-and a cup of pick-me-up-for a session in the morning, and when the winds rise, dry off and poke around the Jalama Creek tide pools or wander south toward the historic Point Conception Lighthouse. countyofsb.org

SURREAL SANDSTONE Paria Canyon, AZ

· Vermilion Cliffs Wilderness in northen Arizona's canyon country feels midway between nowhere and nothing. But, in fact, it serves as a primary trailhead for Buckskin Gulch, one of the world's longest and deenest slot-canvon hikes. This narrow sandstone corridor is a daylong reflection on claustrophobia, as well as a lesson in how changing light can soften and bend color. blm.gov

GLACIER VIEWS

Mount Rainier National Park, WA

· Way down the southeast slope of Mount Rainier, Ohanapecosh is set amid an oldgrowth forest and sits on the banks of the frothy, freezing-cold Ohanapecosh River. Miles of lush, mossladen forest trails fan out from here, including a short jaunt to some natural hot springs, as well as access to the high-elevation Skyline and Wonderland trails. nps.gov/mora









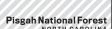
Grand Teton National Park WYOMING





Ludington State Park







Bahia Honda State Park FLORIDA





For a list of more

CAMP AND KAYAK Adirondack Park, NY

· Set among the Adirondacks' 6 million acres of wilderness, Fish Creek Pond is an outdoorsman's paradise. Paddlers can launch kayaks straight from their campsites. (90% of the campground's sites are waterfront.) And two area resort towns are perfect for a rainy-day respite. (We like Lake Placid Pub & Brewery.) dec. ny.gov; ubuale.com

FAT TIRE FIIN **Pisgah National** Forest, NC

· At Lake Powhatan, you can roll out of your campsite and, minutes later, be shredding epic singletrack-this is near Asheville's popular 30-mile trail system. Even the twolane highways are famous for roadies, and the nearby Blue Ridge Mountains have everything nonbikers could ask for-hiking, rafting, and fishing. fs.usda.gov

LAKE SOLITUDE

Ludington State Park, MI

• This 5,300-acre park boasts more than six miles of sandy shoreline. The Pines Campground is tucked between towering coastal sand dunes and Hamlin Lake, and it neighbors a 21-plus-mile trail network and a canoe trail that navigates wildlife-rich shallow waters bursting with northern pike, walleye, and tiger musky. michigandnr.com

COWBOY COUNTRY

Grand Teton National Park, WY

· The pristine tentonly Jenny Lake Campground, at the foot of the toothy Teton Range, is the park's smallest and quietest, with access to just about any type of adventure. This is the heart of the park's epic trail network. For something more vertical, hook up with Exum Guides for an all-day ascent of the 13,770-foot Grand. nps.gov/grte

REI'S **TOP PICKS**

GET THE GEAR YOU NEED FOR AN EPIC SUMMER

BIG AGNES CHIMNEY CREEK 4 mtnGLO™ TENT

Brilliant award-winner with built-in LED lighting that brings hands-free illumination to backcountry camping. Interior media pockets hold phones and other devices.



GOAL ZERO VENTURE 30 SOLAR KIT

Sun-powered recharger kit comes with a solar panel (not shown) to power up portable electronic devices.



COLEMAN TRITON INSTASTART 2-BURNER STOVE

Starts with the push of a button, no matches required. One burner can simmer while the other boils. It's genius.

To find out more about how you can make your campsite epic, go to REI.com/letscamp





THESE REI MEMBERS CAMP BIG

There are campers. Then there are REI members who take it to the next level. Come meet them at REI.com/letscamp.

The toys of summer











THE PERFECT TRAVEL TOOL

1) Leatherman Tread

■ The Leatherman Tread bracelet-also available as a watch strap-is intentionally covert. Designed by a Leatherman president after being denied entry to Disneyland with his plier-tool combo, this may be the only tool that can make it through airport security. And it still has most of the utility of traditional models. When you're ready to use one of its 25 tools, including a screwdriver and a bottle opener, just slide it off your wrist and fold the band to expose the tool you need. Works like a charm and won't get you detained.

From \$150, leatherman.com

WAVE WATCHER 2) Nixon Ultratide Watch

■ Surfers want to know what's happening at their local break at all times, and the Ultratide delivers that info to the wrist right as it happens. Powered by Surfline, the consummate up-to-date e-source for everything from water temperature to wave height at more than 2,700 worldwide locations, the Ultratide is battery-operated and syncs via Bluetooth to your phone for its wireless connection.

\$300, nixon.com

BETTER THAN HORSESHOES

3) Rollors

■ A fusion of horseshoes and bocce-but simpler and requiring far less eye-hand coordination-Rollors was conceived by Army vet Matt Butler between tours in Iraq and Afghanistan. The bowling-style game can be played any-where from the beach to a park to your backyard. Players stand 25 feet from the pyramid (or goal), then simply roll the discs as close to it as possible to earn points; discs that end up leaning on the pyramid earn double.

\$50, rollors.com

A NEW WAY TO COMMUTE

4) Oru Bay + Kayak

■ Ditch the roof rack and throw your boat in the trunk. This 12-footlong, 25-inch-wide single-person kayak folds down into a 32-inch shoulder bag that weighs only 28 pounds. It's constructed from a single piece of superstrong yet light pre-bent polypropylene that snaps together, origami-style, in less than 20 minutes. On the water, it's surprisingly sturdy and capable; broken down, it's small enough to store behind a couch or check on a plane.

From \$1,575, orukayak.com





Gear

AUDIOPHILE

1) Trainer by Gibson Headphones

■ Earbuds sound lousy, but over-ear headphones won't stay on during a run...Here's the answer. Designed with the help of Usain Bolt, Gibson's wireless Trainers have a pop-out headband for stability and come with a blinking LED for running at night. Plus, they have a dampening button in case you hit a busy intersection.

\$250, thisistrainer.com

SWING CHEAT 2) Taylor Made R15 Driver

■ The R15 has 125-plus adjustment points so you can correct everything from draws to fades and tweak overall launch angles with the twist of a wrench-all while on the course. The simple-to-slide weight dial and front-loaded center of gravity up the launch angle and reduce spin for straighter, more powerful tee shots.

From \$430, taylormadegolf.com

BODYSURF IN STYLE 3) Slyde Phish Handboard

■ Become one with the sea without the lungful of saltwater. Handboards are tiny, meticulously shaped surfboards for your lead hand that provide just enough lift to let you cruise along a cresting wave with speed and control. This 22-ounce model has nicer curves than a Porsche and a beefed $up\,core\,for\,extra\,lift.$ \$198,

slydehandboards.com





GO-ANYWHERE GRILL

4) Lotus Grill

■ Five minutes. That's all the time this ninepound, punch-bowl-size portable charcoal grill needs to reach steaksearing temps. Just place a handful of briquettes in its heat chamber, add a few dabs of fire-starting gel, and drop a match: A batterypowered fan in the grill's belly whips air around to kick-start the coals. A dial lets you control the fan and adjust temperature; a 12.6-inch steel grate is room enough for five fillets.

\$250, surlatable.com



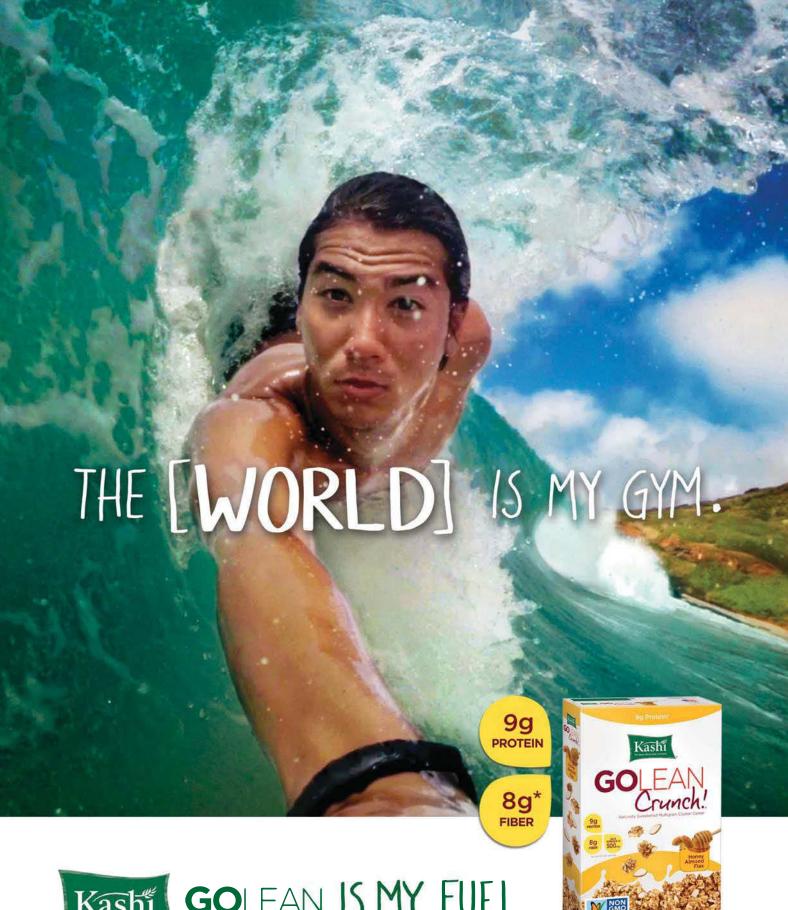
THE LOTUS GRILL IS BUILT FOR TINY SPACES, TRAVEL,











Kashi GOLEAN IS MY FUEL.

GET YOUR EDGE[™]

MASTERING THE DATING SCENE

If you're in the dating game you know that the competition can be fierce. From online dating, to the bar scene, to meeting a girl at your local coffee shop it's tough to catch a woman's eye when you're one of many single men. Get an edge on the competition with these dating dos and don'ts.

Women love a confident man, so don't be afraid to approach a woman you're interested in (or send her the first message online). You know what they say: You miss 100% of the shots you don't take.

DRESS TO IMPRESS

What you wear on a date can be the difference between radio silence and a second date. Putting thought into your outfit tells your date that you care about making a good impression.

MANNERS MATTER

Don't give your date a reason to think that chivalry is dead. No woman will be upset if you open the door for her, or offer to pay; and if she looks nice, tell her—she'll appreciate the compliment.

SOME RULES WERE MEANT TO BE BROKEN
The "three-day" rule is basically obsolete at this
point. Why wait three days to call a girl back if you're
interested in her? The dating world moves at a much
faster pace now, so if you drag your heels playing
games—she may move on before you get back to her.

Competition in the dating world is tough these days, so you need to find any edge that you can get! Head over to EdgeShave.com for more formulas to help you put your best face forward. EDGE® shave gel creates a protective layer of lubricating molecules to help your razor give you a close shave with less irritation. What are you waiting for? **GET YOUR EDGE.™**







Game Changers

Mixitup

Fire water

Adding some fresh pepper to your next cocktail doesn't just make it taste better; it also makes it healthier—and more refreshing By Brian Good Photographs by Levi Brown

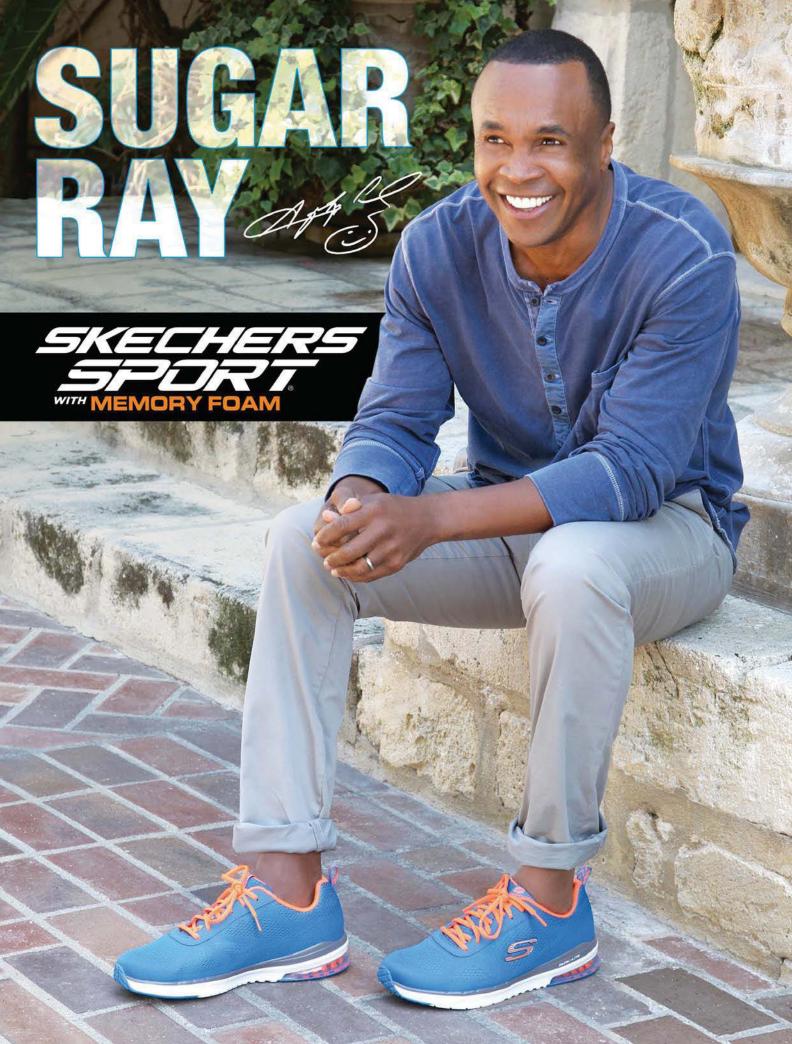
From spicy salsas and moles in Mexico to jerk chicken in the Caribbean to curries in India, there's a reason people in the hottest climates are also drawn to fiery foods: When that heat crosses your lips, it raises your body temperature and makes you sweat, improving circulation and helping you cope better with the weather around you. The same is true with cocktails. A spicy drink is actually more refreshing when sipped slowly on a hot afternoon. Plus, by swapping in low-calorie peppers to replace fruit or mixers, you also cut the calories in your drink significantly. All that, and they taste great with every type of liquor—it's definitely time to get lit!

Jalapeño Basil Gin and Tonic

- 1 jalapeño, sliced
- 2 sprigs fresh basil
- ½ small cucumber, sliced
- 2 ozgin Tonic

TO MAKE: Muddle jalapeño, basil, and cucumber in the bottom of a cocktail shaker. Fill shaker with ice, add gin, and shake vigorously. Strain cocktail into ice-filled glass and top off with tonic before serving. For a more impressive looking drink, layer a couple slices of jalapeño, a cucumber slice, and a sprig of basil between the ice in your glass before pouring the drink. Makes 1 serving







Mixitup

MORE WAYS TO TURN YOUR DRINKS INTO HOT STUFF

Blood Orange Jalapeño Whiskey cocktail

- 2 oz blood orange juice or fresh citrus juice of your choice
- 2 oz whiskey or bourbon
- ½-1 oz agave syrup
- (to taste)

 1 jalapeño, sliced
- 4 oz IPA beer
- TO MAKE: Fill a cocktail shaker with ice cubes. Add juice, whiskey, agave syrup, and jalapeño, and shake well. Strain cocktail into an ice-filled glass, add beer, and stir. Makes 2 servings

Cucumber Thai Chili Lemonade

- 1-2 cucumbers, sliced 1 cup lemon juice
- %-% cup agave syrup (to taste)
- ½ small Thai chili3 cups cold water1 cup vodka
- TO MAKE: Add lemon juice, agave, Thai chili, water, and all but 6 of the cucumber slices to a blender and process till smooth. Strain. Stri ingredients in a pitcher filled with ice. Serve, adding a cucumber slice to each finished drink. Makes 6 servings

Rum Red Bell Pepper cocktail

- ½ red bell pepper,
- thinly sliced basil leaves
- 2 oz light rum
- 2 oz grapefruit juice Club soda
- TO MAKE: Muddle bell pepper and basil in a cocktail shaker. Fill shaker with ice, add rum and juice, and shake vigorously. Strain into ice-filled glasses, topping off with club soda. Garnish with an additional red pepper slice if desired. Makes 2 servings

Pineapple Cilantro Serrano cocktail

- 1-2 sprigs fresh cilantro 2-3 wedges fresh lime
- 1 thin slice fresh Serrano pepper
- 2 oztequila
- oz pineapple juice Agave nectar (optional, to taste)
- TO MAKE: Muddle cilantro, lime, and Serrano pepper in a cocktail shaker. Fill shaker with ice, add tequila and pineapple juice, and shake vigorously. Strain into ice-filled glass.
 Makes 1 serving

Icy hot.

Pepper-filled cubes are cool-looking and delicious when paired with liquor.



4 more ways to generate some heat

1) Spike your ice Cut a couple of jalapeños or cayenne peppers into thin slices and let them sit in one or two cups of water for about half an hour, then use that water to fill an ice cube tray-one that makes large cocktail-size cubes is ideal. Toss one or two cubes in a rocks glass

and serve with your favorite whiskey, tequila, or vodka. As the cubes melt, they'll add spice to your drink—while also keeping it cool.

- $\textbf{2) Chuck in some fire} \, \text{Add a pinch of ground cayenne pepper, black pepper, or a dash of sriracha to your cocktail before shaking.}$
- $\textbf{3) Ignite your rim } \ If you're making a drink with a salted rim, try adding some dried and ground chipotle or pepper-infused salt as well.$
- **4) Light up the surface** Before serving your drink, add a dash of habañero bitters to the top. Or shake on some hot sauce. (It's great on shots as well.)

PEPPER BASICS

Jesse Card, master mixologist for Cruzan Rum, offers three tips for making spicy drinks—without getting burned

Wear gloves!

"I cannot stress enough the need to wear gloves when you cut a spicy pepper,' Card says. "If not, the oils can linger on your hands for hours." Forget? Wash your hands completely and don't touch your face or eyes (and be careful in the bathroom!) till vou know all the fiery pepper oil's gone. Washing your hands repeatedly with olive oil may also help.

Start out small.

■ "luse no more than a third of a pepper per drink," Card says. For more heat, leave the seeds in the pepper; for less, take them out.

Adjust the heat.

■ Alcohol intensifies the flavor of spices, so go easy. If you overdo it, double the recipe to dilute the taste, or add some agave syrup (sweetness fights fire).



Available in the Pharmacy Department.

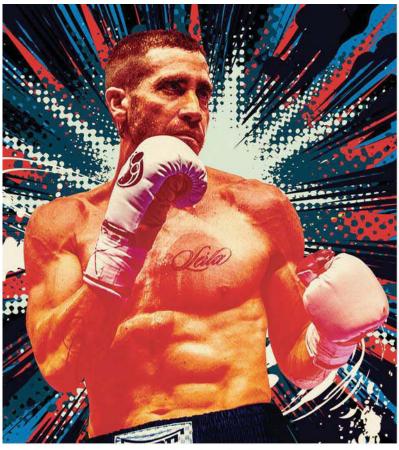
**Everyday Low Price at Walmart.[®]
Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

© 2015 United States Nutrition. Inc.

15-86-10206

15-BF-1020

Talking points



FILM

A fight worth paying for

Jake Gyllenhaal's down-and-out fighter Billy Hope makes Southpaw a worthy homage to classic boxing films

■ Given todav's boring-sorry, more technical-style of boxing, few fighters would dare move like Robert De Niro's Jake LaMotta did in Raging Bull. Which is why Jake Gyllenhaal's Billy Hope is a refreshing throwback. In Southpaw, Hope is an undefeated heavyweight champ whose victories leave his face looking like an eggplant, Jacked and tatted for the role, Gyllenhaal is all but unrecognizable from the rapacious, nefarious, and fast-talking sociopath he played

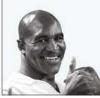
in last year's sleeper hit Nightcrawler. You'll wince as his Billy wears down opponents by offering up his face as a speed bag. Then, when his body's been reduced to blood and gristle, he bull rushes them for the win.

Southpaw tells yet another story about a self-destructive fighter, the flawed but indomitable everyman. Billy doesn't seem to hear his wife, the staggeringly beautiful Rachel McAdams, as she tells him-postfight, pre-coitus-that if he keeps it up he'll be punch-drunk in two years. Eventually, Billy finds himself back on the streets, homeless and desperately in need of a new style, in and out of the ring.

Fans of the biker series Sons of Anarchy will recognize an unrelenting darkness in Southpaw. That's because it was written by Sons creator Kurt Sutter. Gyllenhaal's Rocky optimism and steel-cut physicality make the film a lot more entertaining—and less expensive—than the real thing on pay-per-View.—DAN SLATER

HOLYFIELD VS. HOLLYWOOD

Former heavyweight champ Evander Holyfield rates cinema's mosticonic wannabe boxers.





An 'A' for effort

■ Will Smith in Ali (2001): Holyfield says no actor has given a truly great boxing performance but that Smith's turn as Ali was admirable. "Ali is hard to do. The shadowboxing, the footwork—it was ballet. Will Smith is a great actor, but it's like asking someone to paint a Rembrandt."



KO'd by a co-star

Mark Wahlberg in The Fighter (2010): Holyfield says the brother, played by Christian Bale, resonated with him more than Wahlberg's character. "I had an older brother who followed me around, and at fights he'd yell, 'Ain't nobody going to beat my brother!"



Boxing-by-numbers

■ Sylvester Stallone in Rocky (1976): Yes, the greatest boxing movie ever features its worst boxing performance. "It's very choreographed-always punching and stumbling and bouncing off ropes. In reality you've got to make adjustments for different individuals."

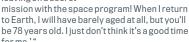
BOOKS

Aziz Ansari, Love Guru

In his new book, Modern Romance, the Parks and Recs star calls on personal experience—and a dose of real science—to help navigate the dating scene. Here's his take on a few common love calamities.

PROBLEM: Someone asks you out, via text, and you're not interested. Do you respond or give the person the silent treatment?

AZIZ SAYS: "We actually prefer to be lied to. Write back: 'Sorry, can't do dinner tomorrow. I'm leaving on a secret



PROBLEM: You're leaving the country, and you forget to call your girlfriend to say good-bye. Later, you tell her you were busy packing, but she doesn't buy it: On Instagram your riend posted a picture of you playing with a vintage Polaroid camera before the flight.

AZIZ SAYS: When Valentine's Day rolls around, ask if she remembers the incident, and then say: "Well, the reason I was doing that is I bought you this nice vintage Polaroid camera and I was just making sure it worked before I gave it to you." Ansari did this with his actual girlfriend, and she felt horrible. "It was the greatest Valentine's Day gift I've ever received."

PROBLEM: You stay out at bars until 4 a.m., worried that if you go home you'll miss that magical woman who shows up at 3:35 a.m.

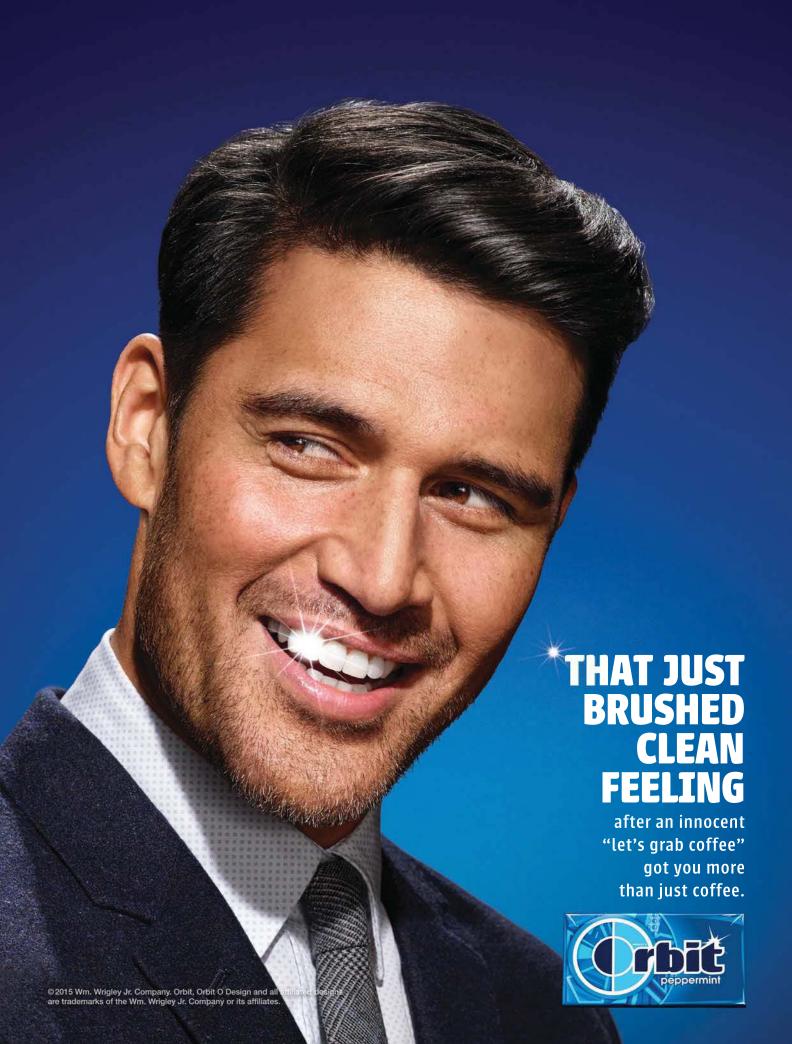
AZIZ SAYS: When you hit 30, "you realize how fruitless trying to find love by barhopping can be. You know statistically the smartest thing for you to do when you walk into a bar is go to the bathroom, jerk off, and leave."—p.s.





Stepit up





CREAMIER THAN SKIM WITH FEWER CALORIES? YOU'RE GONNA NEED A BIGGER GLASS.



Silk Cashewmilk is made with the creamy goodness of cashews and just 60 delicious calories.

Taste for yourself.

Silk helps you bloom

#silkbloom

Silk Original Cashewmilk: 60 cal/serv; skim dairy milk: 80 cal/serv. Character is a trademark of WhiteWave Foods.

Stepit up

Whether you're looking to change up your regular running routine or just sneak a workout in during your next vacation, running on sand can strengthen your feet and ankles, not to mention increase overall aerobic conditioning. You expend at least 150% more energy and burn more calories running on sand than on hard surfaces—and it actually makes you faster. "Your body has to work harder to get over it," says R. Amadeus Mason, M.D., assistant professor of orthopedic surgery at Emory Healthcare and a physician for Georgia Tech's track and field team. "It adds resistance and fires muscles you're unaccustomed to using. Think of it like putting weights around your ankles, or running with a parachute on." But beware of doing too much too fast—here's how to ease into beach running.

Start by wearing shoes

■ You're essentially introducing an entirely new set of mechanics to your feet, ankles, calves, and hips, and predisposing them to injuries like tendonitis or plantar fasciitis. So start by wearing shoes.

"It sucks, since you'll get all this sand in them," Mason says. "But shoes take away the toe splay and stabilize the ankle."

Add a sand session to your road run

■ Most runners, when faced with exciting new terrain, will attack it and end up hurting themselves. Think instead in terms of progression. If you've got only a weeklong vacation, you'll probably want to wear shoes the entire time.

When including a beach run in your regular routine, begin with short distances, adding five minutes on wet sand to the end of a pavement run. And come off your normal road pace just a bit to give your body time to react to the new surface. Again, don't push yourself.



For a series of beach workouts, go to mensfitness .com/sandblasters.

Stick to the shoreline at first

"You don't want to take away everything your body's used to all at once," says Mason. Stick to the hard, packed sand down by the water, as it's a closer approximation to the running you're used to.

Gradually raise your wet-sand time from five to seven minutes, then from seven to 10, and so on over the course of several weeks.

Then go barefoot

After a week, ditch vour shoes but stick to the wet sand. A couple of weeks later, begin transitioning to softer sand which is where the real henefits of heach running are found. Sand grips your foot, forcing your Achilles and calf muscles into overdrive, strengthening muscles that have all but



atrophied from years of running on asphalt.

Start with short runs of five to seven minutes, then gradually up your soft-sand time to 10 to 12 minutes as your body adapts to the surface. You may still notice some mild fatigue in your Achilles, feet, and calves, but don't worry-keep to a reasonable pace and mileage and you'll be fine.

Adjust your pace

Decrease your time expectations but not your intensity level. If you're shooting for, say, an eight- or nineminute mile on a flat surface, aim for running a 10- or 12-minute mile on sand. Once you get comfortable and there are no aches or pains, you can dial in your intensity and distance on wet or dry sand.

Sand speed drills

Hard-surface strides in wet sand

■ Start with a 10-minute warmup at an easy pace, then accelerate for 15 to 20 seconds until you approach your top speed, then gradually decelerate. Do this four or five times, resting between sets. Cool down with an easy 10-minute jog on wet, packed sand.

Intervals

■ Warm up with a 10-minute jog in wet sand, then transition to intervals ranging any where from 50 to 100 yards at a pace that's slower than a sprint but slightly faster than a comfortable jog. After each interval, recover with a walk or jog for approximately half the duration of your next interval.



Keep it simple with

Travis Van Winkle

He plays a Navy SEAL in Michael Bay's new TV show and plays it cool in Todd <u>Snyder's new aviator jacket</u>

THE GUY

On TNT's post-apocalyptic thriller *The Last Ship*, Travis Van Winkle plays a Navy SEAL trying to save the planet from a viral pandemic. If he were in this situation in real life? "I'd want a romantic interest, a close friend, some family, and one stranger with me," he says. "We'd create a new civilization up in the trees, like *Avatar*; maybe even paint ourselves blue."

But the hero thing isn't just an act. Last year, Van Winkle trekked the muddy paths of Nicaragua to help build a school as part of a service trip. "These villages seemingly have nothing, yet they have everything," he says. "They're rich in culture and family values. It reminds me to simplify my life." Easier said than done for a Hollywood actor on the rise, but Van Winkle is determined to stay grounded. When he's not taking orders from Bay-whom he previously worked with on Transformershe spends his time fishing, cruising L.A. on his bike, and kicking it with friends.

"I've kept this amazing community of powerhouse individuals who hold me accountable," he says. "They remind me to live up to my greatest potential."

THE CLOTHES

Charcoal gray is the ultimate neutral, which is just one of the many reasons Todd Snyder's aviator jacket pairs with everything. "James Dean was the influence for this '50s-style jacket," says Snyder. Wear it with denim, as Dean did, or pair it with dress pants for an unexpected alternative to a suit. It's a light jacket, perfect for cool summer nights, and Snyder uses technical wool, which is waterproof, breathable, and harder wearing. "It's a classic fit-tailored, but not too slim," he says, "so anyone can wear it."

Grooming by Kristin Heitkotter/Tracey Mattingly using Anthony Glycolic Exfoliating + Resurfacing Wipes

"I'M NOT

THETYPE

A ROCK-I'M

TO HIDE

WILLING

PEOPLE.

TO MAKE A

STAND FOR

UNDER





FUN





TO EACH THEIR OWN SATISFACTION

Is your skin ready for summer?

1 11:1

Sun, wind, saltwater-your face takes a different kind of beating during the summer months. A few key products will keep it fresh and protected.

Photographs by Greg Broom

CLARISONIC SMART Profile

It may seem like a little soap and water are doing the job, but sometimes a deeper clean is necessary to remove buildup and toxins that cause breakouts. The Clarisonic SMART Profile, which brushes away oil and dirt from your mug in less than 60 seconds (with multiple speed settings for more sensitive areas) can be used on any type of skin for a thorough, invigorating scrub.

\$265, clarisonic.com



COMPLEXION

ASMART

CLEANSING

THE RIGHT

TOOLS.

ROUTINE AND

renews your skin. \$450, cremedela mer.com

kelp and botanicals such as eucalyptus

and alfalfa soothes and

LA MER 4) Blue Heart **Moisturizing Cream** For those prone to sun damage, La Mer's 'miracle broth" of sea

LAB SERIES 5) Skincare for Men SPF50

This powerful two-inone sunscreen has a moisturizing factor as strong as its SPF. \$48, labseries.com

(MALIN+GOETZ) 6) Detox Face Mask

This mask for sensitive skin lifts dirt and oil with its combo of amino acids, almond extract, and soy protein. \$42, malinand

goetz.com

CLARINS MEN 7) Antiperspirant Deo Stick

To counter heat and stress, this antiperspirant neutralizes odorcausing bacteria with aluminum salts.

\$17, clarinsusa.com

BLIND BARBER

8) Watermint Gin Facial Cleanser

Used daily, this acnefighting formula made from juniper berry (the same berry used to make gin) prevents breakouts and leaves skin feeling cool.

\$18, blindbarber.com

JACK BLACK

1) Men's Shaving

This all-natural witch

hazel aftershave balm

prevents razor bumps.

\$23, usa.weleda.com

Hydration Delivery

If your skin tends to need an extra moisture boost,

AMORE PACIFIC

2) Skin Energy

go for this bamboo

sap-based formula.

ACQUA DI PARMA

With the earthy scent

izes free radicals and

restores the skin's

\$85, barneys.com

cellular vitality.

full-body scrub neutral-

of Sicilian pine, this

3) Smoothing

Body Scrub

\$35, us.amore pacific.com

System

Toner

9) Intense Therapy Lip Balm

A powerful mix of shea butter, vitamin E, and SPF 25 keeps chapped lips moist and never sunburned.

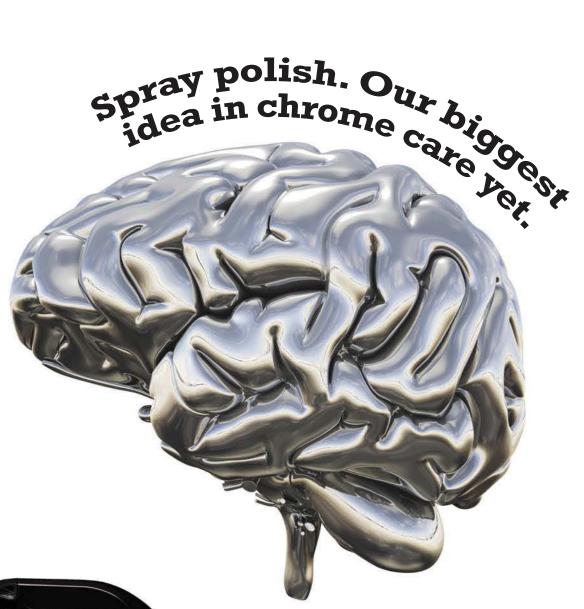
\$7, getjackblack.com

SHISEIDO MEN 10) Deep

Cleansing Scrub

For a deeper clean than your daily wash offers, use this high-tech scrub two to three times a week and let its botanicalbeads, microbeads, and refining granules go to work.

\$25, shiseido.com





Introducing Mothers[®] California Gold[®] All-Chrome[™] Quick-Polish Cleaner & Protectant. A revolutionary spray polish for any hard or decorative chrome finish. Just spray, wipe and buff to a brilliant shine! Simple as that.



mothers.com • detailguide.com facebook.com/mothersusa



Jhené Aiko

The R&B singer has a weird fixation on ghosts, gorges on Thai food by the carton, and collects fur coats...or does she? By Brittany Smith

If you've been anywhere near a radio lately, you've heard Jhené Aiko's soulful collaborations with some of the planet's biggest artists, including Big Sean ("Beware") and Drake ("From Time"), But Aiko isn't just standing on the shoulders of giants-with her latest solo record, Souled Out, she's being dubbed a bona fide R&B star.

That's not to say she's feeling any pressure. "I like to keep it chill," she says. And like some sort of anti-diva, the Grammy-nominated 27-year-old likes to chow down on Thai takeout in the studio and slip into conversations about the stars.

But Aiko, whose roots are Native American and Japanese, is all business when it comes to her art. "With work, there's no time to waste," she says. She

asked her mom to help her write her first rap at age 4, and by 12 she'd signed with Epic and written her first album all before going on to finish school, then give birth to her daughter, Namiko, now 6.

"People assume that because I look young, I have a young mind," she says, "but I've absorbed a lot in my life. It's all about family and good times."

And, she says, spirituality. "I've always been in awe of nature and animals—I won't wear fur." (Yeah, No. 3 is a lie.) She's into the supernatural, too, admitting she's obsessed with ghosts ("I'm interested in understanding what scares people") and considers the dragon her spirit animal.

One fiery magical creature chosen by another-how hot is that?





most out of your vinyl, leather and rubber.



mothers.com • detailquide.com facebook.com/mothersusa

The natural edge

Despite all the powders, pills, and elixirs out there, nature's simpler foods are often the best performers By Adam Bible Photograph by Levi Brown

■ Taking supplements can be a smart way to fill in nutritional gaps, but eating real, whole foods will always be the bedrock of a healthy diet. It can be tricky, though, to know which to pick, what they can do for you, and how best to eat them. Since these five may not be on your radar yet, here's all the info you need to make them part of your new menu.

Maintain energy levels with chia seed

This ancient seed from Mexico is full of fiber, protein, and antioxidants and limits blood sugar spikes (providing steady energy) by slowing glucose absorption. Chia seeds also soak up 10 times their weight in liquids, so they keep you hydrated as they work their way through

THE BEST WAY TO EAT THEM: Crunchy chia goes in most anything-yogurt, smoothies, even meatloaf. Their supergelling properties can upset your stomach at first, so start with a teaspoon.

Burn fat with green tea

Besides its powerful antioxidants, cancer-fighting properties, and memory-enhancing powers, green tea's active ingredient catechin also boosts metabolism to help burn fat. Plus, new research shows that the caffeine in green tea improves performance in the gym by reducing feelings of fatigue and increasing adrenaline levels.

THE BEST WAY TO DRINK IT: Make a pitcher of iced green tea to keep in your fridge so it's available when you otherwise might opt for soda or juice; when out, order green tea instead of coffee.

Boost endurance with beets

Known for boosting oxygen efficiency and lowering blood pressure due to their wealth of nitrates, these root vegetables have been shown to increase endurance by up to 16%. And in a 2012 *The Journal* of the Academy of Nutrition and Dietetics study, runners who ate beets an hour before a three-mile race finished the last mile 5% faster than beet-less runners.

THE BEST WAY TO EAT THEM: Have beets or beet juice an hour before endurance workouts; steam raw halved beets for 15 minutes—or grill foil-wrapped halves for 30 minutes-and enjoy as a side.

Stick with superfruits

Loaded with polyphenols, superfruits are justly trumpeted for their antioxidant abilities. Açaí has some of the highest levels, beating powerhouses like blackberries and cranberries; the skin of apples is filled with quercetin, an inflammation-fighter; plums pack in the chlorogenic acid, which helps control blood sugar; and pomegranates have a potent dose of punicalagin, a polyphenol that can help put bad cholesterol in check.

THE BEST WAY TO EAT THEM: Blend açaí berries and pomegranate seeds (aka arils) into a smoothie; toss sliced apples into a salad with nuts; and eat ripe plums whole or plop chunks into yogurt.

Ward off illness with watercress

Recent research crowned watercressa small, leafy green with a peppery kick-the most nutrient-dense food in your local produce aisle. And according to a 2012 study in the British Journal of Nutrition, athletes who ate 85 grams of watercress before intense exercise experienced significantly less damage caused by free radicals than those who didn't.

THE BEST WAY TO EAT IT: Toss sprigs of raw watercress in sandwiches or salads; blend it into smoothies; steam or sauté as a side; or serve it on top of freshly grilled meat as a natural flavor enhancer.

Unweather your trim and plastic,



Make your exterior trim and plastics stand out with Mothers® Back-to-Black® care products.



Mothers® Back-to-Black® Heavy Duty Trim Cleaner Kit. It's not a cover up. It deep cleans, allowing you to erase years of neglect, including oxidation, dirt, road grime and even stubborn embedded wax. Restoring your exterior trim and textured plastics to their original, like-new color (not just black) has never been easier.







Mothers® Back-to-Black® Trim & Plastic Restorer. The original Back-to-Black® formula people know and trust. It removes light oxidation, dirt, wax residue and surface film with ease, while locking in the richness and protecting from future damage. For severely neglected surfaces, first use Mothers® Back-to-Black® Heavy Duty Trim Cleaner.



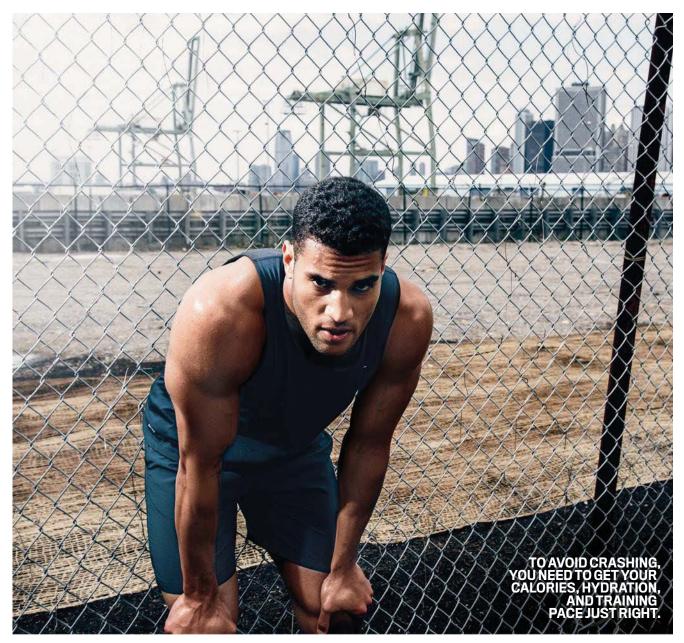




mothers.com • detailguide.com

f facebook.com/mothersusa





How to beat the bonk

After an epic fail while running the New York City Marathon, Benjamin Rapoport made it his mission to find the key to avoiding crashing during endurance races By Noah Davis During the 2005 New York City Marathon, Benjamin Rapoport crashed hard—his legs were racked with pain and his stomach was a mess of cramps. His muscles had run out of fuel—glycogen—and were now burning fat alone. Technically speaking, he bonked. It's a predictable phase of long-distance running. "You start to slip," he says, "and then you're gone." Rapoport, who has a Ph.D. in electrical engineering from MIT and an M.D. from Harvard, decided to study the phenomenon and made a few surprising discoveries. "No one had developed a mathematical way of determining—based on an individual's biometric characteristics—how to optimize performance with respect to pacing and carb loading," he says. So Rapoport created an online endurance calculator for doing just that. By entering things like age, weight, and resting heart rate, anyone can have access to these numbers. But Rapoport's discoveries also offer a new way to approach endurance training in general. These are his tips for finishing strong.

Calories before, not during

■ Most training guides suggest that runners eat along the way in order to keep up their calories, but Rapoport says that what you eat 12 to 36 hours before your run is what really provides your fuel. That's the time to glycogen-pack your muscles and liver.

The goal is to avoid eating during a marathon so your blood flow can stay focused on fueling your muscles, not operating your stomach. (One or two GU gels around the halfway point are OK.) Use simple starches that go down easily, like rice or pasta, and lots of fiber. (For Rapoport's calorie calculator, check out endurance calculator.com.)

Hydrate less

■ Conventional wisdom tells you to replace the fluids you sweat out during a race, but Rapoport believes running on a bit of a deficit has benefits.

"It can be safe and even advantageous to get slightly dehydrated during a race," he says. "To an extent, a slight loss of water weight can enable your body to run with greater efficiency, as its metabolic engine is driving a lighter load."

Train like you race

Dean of distance running Hal Higdon, whose training program is used by thousands of marathoners every year, advocates running anywhere from one

to two minutes per mile slower than your actual race pace during long training runs.

Rapoport disagrees, arguing that you should try to maintain your marathon pace on at least one of your 20-plus-mile training runs. If you're

going to hit the wall, it will happen on a long run, so condition yourself against the bonk.

"I treat the long runs as a dress rehearsal, though I'm not as maniacal and calculated about everything as I am before a race," Rapoport says. "The Friday before a Sunday run, I think about my diet. I make sure I eat foods that won't give me trouble when I'm out for a run."



For more endurance-race training tips, go to mensfitness.com/ training.

Even the best bonk

 $These \,pro\,endurance\,athletes\,turned\,worst\hbox{--}case\hbox{--}scenario\,crashes\,into\,triumph}$



Chris Legh Triathlete

During the 1997 Hawaii Ironman Championships, Legh hit a wall made famous in a Gatorade commercial. The Australian was 50 yards from the finish line when he staggered left, then right, then fell over and began crawling. He was so dehydrated he required emergency surgery to remove part of his large intestine. Legh realized his in-race hydration routine was way off.

THE FIX: After recalculating his ratios of sodium to water, Legh competed in the Australian Long Course Championship and won by 14 minutes, then went on to become the top-ranked long-course triathlete in the world.



Meb Keflezighi Marathoner

Keflezighi, attempting his first-ever marathon in New York's 2002 race, was in fourth at Mile 19 when he dumped some cold water on his head. "It shut my engine off. It was a devastating moment," he says. "I thought I could win it, but as soon as I hit the wall, they started moving away from me." He finished ninth.

THE FIX: When Keflezighi, who won the 2014 Boston Marathon, trains now, he runs upward of 27 or 28 miles at once in an effort to move the point where he hits the wall from 20 miles to 23 or 24. Keflezighi says he expects to be in pain at some point during a race, but "it's easier to finish when you have one mile to go than when you have five or six."



Michael Arnstein Ultramarathoner

After about 17 hours and almost 80 miles of the 2006 Ancient Oaks 100-miler, Arnstein was so exhausted it took focused effort to stay vertical on his feet. Right before he physically collapsed in a DNF, he thought he might actually die, as his feet had gone numb. "It felt like I was walking on just my ankle bones on hard granite," he says.

THE FIX: Arnstein realized he hadn't run enough high-mile training weeks and that he went out too fast and didn't eat enough after he lost his appetite 10 hours into the race. He later worked to develop a tremendous tolerance for Clif Shot gels. In subsequent races, he ate 400-500 calories in gels an hour, and almost nothing else except water. In 2012, he ran the Desert Solstice 100 in 12:57, the seventh-fastest 100-mile time ever in North America.

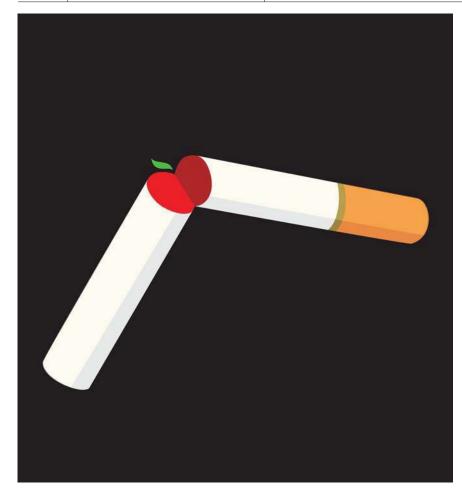


To learn more about Weight Watchers® scales, go to www.conairscales.com

WEIGHT WATCHERS is the registered trademark of Weight Watchers International, Inc. and is used under license. ©2015 Weight Watchers International Inc. All rights reserved.

15A0014237

Learn It!



Overhaul your habits

Creating new habits—or replacing bad habits with good ones—can be a lot easier if you know a few tricks

Last year on his blog, Jay Z announced that he and Beyoncé were going on a 22-day vegan-only diet, writing, "Psychologists have said it takes 21 days to make or break a habit. On the 22nd day, you've found the way." ¶ Nice rhyme—but not necessarily true. In fact, much of what we think we know about habits can be downright counterproductive. It can take months, even years, to build healthy habits, whether you want to quit smoking, start eating better, or just go to the gym more regularly. Here, the best ways to create good habits that will last a lifetime.

1. Give yourself at least 66 days to make a habit stick

That's right, it can actually take two months or more to create a solid habit, according to a groundbreaking-but-overlooked University College London study, "How Are Habits Formed," and follow-up paper, "Making Health Habitual."

So where'd the "21 days" come from? "This myth appears to have originated from anecdotal evidence of patients who had received plastic surgery treatment and typically adjusted psychologically to their new appearance within 21 days," study head Phillippa Lally, Ph.D., writes.

Hardly the template to follow to hit the gym more or drop a pack-a-day habit.

In the London study, however, 96 subjects chose an eating, drinking, or activity

behavior to carry out daily in the same context (like right after breakfast) and kept a log. When they did the behavior automatically, without thinking, 95% of the time, bingo—they had a new habit.

Here's the kicker: Studywide, the time subjects needed to reach the "automatic" stage ranged from 18 to 254 (!) days, with the average being 66.

So don't set yourself up for failure by expecting to change your life in three weeks—it just doesn't work that way.

2. Understand how a habit works before you try to change it

Perhaps the best treatise on habit building in recent years is the best seller *The Power of Habit*, by Pulitzer Prize—winning journalist Charles Duhigg. He created a system he calls "the loop," which breaks habits into three actions: a cue (the trigger that reminds you to perform a habit), a routine (the action you do automatically), and a reward (the payoff you feel you get).

Say you're trying to make a habit of going to the gym in the a.m. First, you need a cue: It could be as simple as laying your clothes out at night so you see them first thing; leaving your gym bag by the door so you trip on it as you leave; or setting the coffeemaker to brew automatically so there's caffeine to get you going.

Next comes the routine: You go and work out at the gym. This is the part that will, with practice, become automatic once you've repeated it so many times it's an ingrained part of your behavior.

Finally, you need a reward to congratulate yourself for following through. It may sound excessive, but it's key to the process. After all, how many things in life would you do willingly, over and over, if you never got anything back? (Marriage doesn't count.) So buy a spiced latte or play your most upbeat song—anything to help rewire your brain to feel better about the habit and want to repeat it.

Now, to *change* an old habit or break one like smoking, you'll need to slightly modify the approach, Duhigg writes.

"To change a habit, you must keep the old cue and deliver the old reward but insert a new routine." For example, if every time you exit a staff meeting (the cue) you smoke (the routine) to relieve your stress (the reward), you won't be able to quit till you've found a new reward that follows that cue (the meeting) and provides that payoff (stress relief). Try various rewards till you find one that works—maybe a



by Mario Armstrong

short walk outside, a funny YouTube break, or your favorite candy.

Of course, tough habits like smoking rely on multiple cues and rewards all day long, so try to figure each one out—not easy, but definitely worth the trouble.

3. Consider variety your enemy

"Changing it up" may be a good way to avoid boredom in the bedroom, but it's the enemy of efficient habit creation.

"Repeating a single action (for example, eating a banana) in a consistent context (with cereal at breakfast) is very different from the typical advice given to people trying to take up new behaviors, which often emphasizes variation to maintain interest (like trying different fruits with or between different meals)," Lally writes in her paper.

Aiming for variety takes extra effort and motivation, she says, which makes creating "automatic" habits even harder. Pick one cue, behavior, and reward, and stick with them till the habit's ironclad.

4. Don't quit if you miss a dayit won't matter in the long run

In the London study, researchers logged when a subject "missed an opportunity' (didn't perform a habit after having done it three days in a row), then calculated how often those screwups caused subjects to fall completely off the wagon.

Answer: Almost never.

"Missing one opportunity...did not materially affect the habit-formation process," the study found. "There were no longer-term costs associated with a single omission." So don't fret about occasional bumbles—your habit building can still proceed without a hitch.

5. Use mental rehearsals to build your habit "muscle"

In Rewire: Change Your Brain to BreakBad Habits, Richard O'Connor, Ph.D., cites a Harvard study in which subjects practiced a one-handed piano exercise two hours a day for five days. Afterward, it was found, the brain area that controls the fingers was enlarged and enriched.

No big deal, right?

Then researchers asked one group to keep practicing for a month, another to stop practicing, and a third to only mentally practice. At the end, the earlier brain changes had disintegrated in the

nonpracticing group, improved in the practicing group—and improved, to almost the same degree, in the group that only mentally practiced.

If you're building a habit, mental rehearsals and internal pep talks could actually improve your chances. Like the piano players, envision yourself performing your habit, for example, eating a healthy dinner instead of pizza, and that area of your brain will grow stronger.

6. Don't underestimate the undertow that can drag you down

"Undertow," or "the seemingly mysterious power that seems to wreck our attempts to escape self-destructive behavior just when we start to feel safe," is the unconscious force that can derail good habits, says O'Connor in Rewire.

But there are ways to gain the advantage. Admitting that we're powerless over self-destructive behavior and that the "undertow" is a natural part of building better habits are key. "Accept that you have to make big changes in how your mind works in order to stop your self-destructive behavior," he writes.

One big help: mindfulness. Yes, it borders on cliché lately, but being able to stay self-aware moment by moment can be a boon to habit building.

7. Let technology feed your habit

Sticking with a habit for months on end is tough, but tech can lighten the load.

One great app is HabitBull for Android. It doesn't just remind you to do a task-with funny messages, if you choose-it also creates a "habit streak" ("Ten days straight without a doughnut, whooooeee!") you won't want to break.

On iOS, the Way of Life app tracks habits in day-to-day charts, so it's easy to visualize both the good and the bad.

Finally, let Andrew Shamel's Mindful app remind you several times a day to take a mindfulness break, like a brief meditation, a moment of reflection, or

deep breathing—great habit reinforcers. Or just tell Siri, "Set a reminder at 4 p.m. to eat some nuts," or use GPS to alert you the next time you pass a vape store. Habit building's tough enough, so why not use all the help you can get? ■

Mario Armstrong, a digital lifestyle expert, appears regularly on NBC's Today and CNN.

MAX imum Pain Relief.



- 8 hours of long-lasting cold therapy
- Advanced "points of cold" for precise pain relief
- Comfort-fit support wrap for maximum mobility
- Safe and reusable

cryomax.com



Available at:





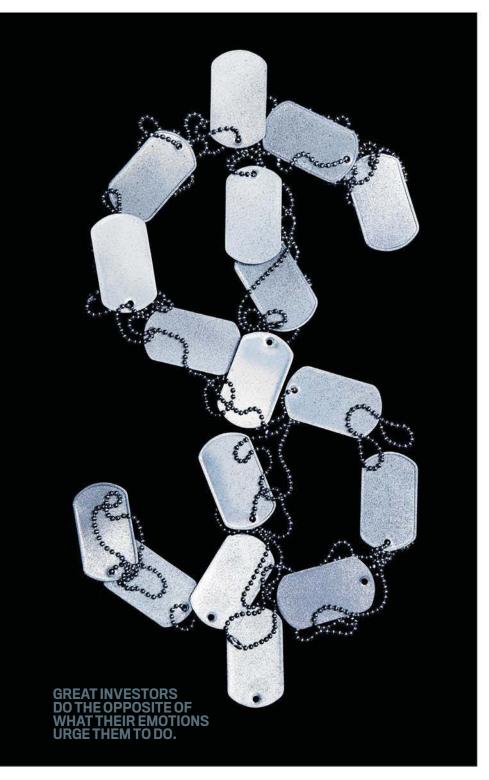




And other fine retailers.







The Navy SEAL's guide to success

What a highly decorated, financially successful, wildly knowledgeable former elite soldier can teach you about how to get ahead

IF ERIC GREITENS WERE
your commanding officer, you'd have to listen
to him—the military
is tough like that. Of
course, he's not your
CO, but you should
listen to him anyhow
because he's a worthy
superior in every way.
A former Navy SEAL
and commander of
an al Qaeda-targeting cell, he's a also a
boxing champion, a

taekwondo second dan, and a sub-3-hour marathoner who bench-presses 280.5 pounds. ¶ That's not all. Greitens is also a Rhodes scholar who got a full academic scholarship to Duke. And, most obnoxiously, he's not obnoxious, either. In fact, when he returned from Iraq with a Purple Heart, he used his combat pay to found a charity, The Mission Continues, which helps veterans find meaning and thrive in their post-service lives. ¶ So it's no surprise that a guy who knows his bench max down to the half pound doesn't get through life just by winging it. Greitens has developed systems and techniques to help him achieve his goals, many of which he outlines in his new book, Resilience: Hard-Won Wisdom for Living a Better *Life*. ¶ Here are his essential lessons for achieving financial freedom and professional success.

CREATE YOUR DREAM JOB.

According to a Harris Interactive survey, 55% of working adults are in search of a new profession. So why not turn your passion for fitness and nutrition into your own business?

We carry the top brands and the latest nutritional supplements with a low price guarantee.





OPEN A NUTRISHOP TODAY!

- THE RIGHT CONCEPT
- THE RIGHT OPPORTUNITY
- THE RIGHT TIME



VITAMINS • SPORTS NUTRITION • WEIGHT LOSS

www.NutrishopUSA.com | 10 NutrishopUSA





Earn It!

VODKA RENDY.

IMELESS.

Create your own movie poster

All of us have ideas of what we want our lives to look like, from getting more exercise to getting the girl to getting the promotion. But to fulfill those desires, Greitens says, you need more precision.

First, put your goals on paper. Yes, it sounds dorky. But experts have found that the mere act of writing down goals increases your chances of achieving them.

Then Greitens takes it a step further. "Visualize the moment of achievement," he says. "Show me what the movie poster looks like." Once, when a veteran was struggling to transition to the civilian world, Greitens helped him create this mental snapshot: "He said, 'I've just walked across the stage, I've just gotten my degree, I turn and see my family smiling at me, and I've got a job lined up," he recalls. You can guess what that soldier did after that.

By carrying a picture in your head, "you're not just 'working toward' these goals," he says. "The picture gives you something to actually 'live toward.'

Finally, share your goals. By letting your buddies know that, say, you're focused on paying off your student loan by 2017, they'll understand when you skip the Vegas trip this year.

Solve the problem before it becomes one

Greitens reached back more than 2,000 years to the Greek Stoics for a life hack that helped him get through SEAL training, and it can help you overcome adversity, get to the office early, and avoid stupid financial moves.

As we all do, the Stoics thought about things that could go wrong. But instead of worrying, Greitens says, they mentally rehearsed their responses. They even gave the process an awesome name: "Premeditation of Evils." (For more on mental rehearsals, see "Overhaul Your Habits," page 74).

One of the tests for SEAL hopefuls requires them to jump in the water, do a front flip while submerged, then, without taking a breath, swim underwater the full length of the pool and back. So Greitens mentally practiced for the moment when he was 25 meters in, out of breath, and couldn't even see the finish line. "If the first time you do it is during the test, you're going to bolt for the surface," he explains. Instead, he imagined telling himself to put his hands out in front, relax, then pull his hands back. "If you've thought about it over and over again, when that moment comes, you'll know how to react."

The technique is so useful because we tend to be guided by our emotions, which often push us in the wrong direction. "So when the alarm goes off at 4 a.m.," Greitens says, "your feelings say snooze. And if that's all there is to guide you, you'll keep hitting snooze." Instead, mentally rehearse what you'll do: Get up and into the shower, enjoy the hot water, have enough time to get ready before arriving at the office on time.

It wo.

oo. One of the
of great investors is they do the opposite of
what their emotions urge
them to do. So mentally
are exactly what
do with It works with money, next market crash comes (and it will). Though



Be the smartest (money) guy in the room

Expert personal finance advice from Jack Otterfree of charge

Claw back from debt...

...with the right card. A study by CardHub has named the Barclaycard Arrival Plus the best rewards card, estimating that it yields \$1,621 in travel rewards during the first two years, based on average consumer spending.

Beware race scams

■ If you're tempted to hit up one of the popular color runs (paint races), beware: You could be left seeing red. While some are legit, others have turned out to be complete scams, in which organizers take your money but never hold a race. If you do sign up, use a credit (not debit) card.

Buy now

■ Feel like you're getting hit with continual rent hikes? Well, you are. U.S. rents have jumped about 14% since 2010. If you're renting, lock in your lease for two years. And while no one should rush to buy, trends suggest that now's a good time.

every bone in your body will want to sell, picture yourself logging into your account and investing a small amount in the market. And if it keeps falling, buying a little bit more. Then imagine that movie-poster moment, in the next bull market, when your friends say how they wish they'd bought at the bottom, and you say, "I did."

Remember: It's not about you

Greitens says the toughest time in his entire SEAL-training Hell Week wasn't when he was carrying a soldier on his back on a 10-mile run or struggling underwater with his hands and feet tied. It came when the men were finally allowed a few desperately needed hours in their cots, but he couldn't fall asleep. "I started to feel all this self-pity and fear. That was my hardest moment," he says.

At times we all feel this way. Occasionally, it's even justified—life isn't always fair. But unlike a football coach, you don't get a challenge flag; there's no one to overturn the ruling on the field. So Greitens came to a realization—one that can help make you a better employee, a better husband, a better father.

EVERY DAY WHEN YOU GET INTO THE OFFICE, GREITENS SAYS, YOU WANT TO BE ABLE TO ACT AS IF YOU'RE AN OWNER OF THE COMPANY.

"I said to myself, 'It's not about me. This test is about my ability to be of service to the people who are asleep in this tent right now,'" he recalls. He stopped focusing on himself, and his fear and self-pity washed away. And he fell asleep. "The more I thought about myself, the weaker I got. The more I recognized that I was serving a purpose larger than myself, the stronger I got."

Be a good soldier

If you start saluting your boss every morning in the office, you'll look like a jackass. But there is one military procedure I sometimes wish my direct reports would follow, and Greitens concurs. It's called "commander intent."

After receiving an order from a superior, a lower-ranking officer will repeat it: "You told me to do X because we want to achieve A, B, and C," Greitens explains. In civilian terms, it means making it clear you understand what your boss wants to accomplish. "Not just what he's asked you to do," he says, "but his larger goals, for the week, the month, the year. What are the larger goals the company is pursuing?" Every day when you get to the office, you want to be able to act as if you're an owner of the company.

Now, in the real world, where the boss is more like Michael Scott than Agent Coulson, your boss either won't tell you what he wants, or he'll make a very specific demand today, then contradict himself tomorrow. Tempted to give up? Close your eyes and picture the movie poster: you, sitting in your boss's chair, doing a better job. Then premeditate the evils conversation. Greitens provides the script: "I really want to make sure I'm doing this job in a way that's going to exceed your expectations," Greitens suggests. "I'd be grateful if you'd help me understand this in a way that I can achieve excellence."

Got it? Dismissed. ■

Jack Otter is the author of Worth It... Not Worth It? Simple & Profitable Answers to Life's Tough Financial Questions.

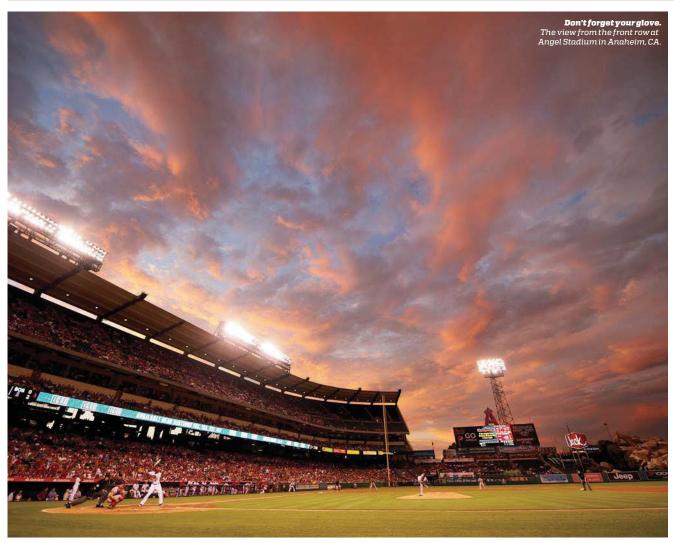
THE VODKA THAT TASTES LIKE VODKA.





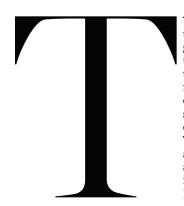






Best tickets ever

This summer, there's no concert, sporting event, or outdoor music festival you can't buy your way into at the last minute. All you need is a smartphone, a few bucks, and a stomach for risk.



THE TWILIGHT OF SUMMER IS ALWAYS THAT SPECIAL

time when America morphs into a live-eventgoing nation of ticket buyers. And 2015's shaping up to be the biggest summer yet (for more on that, see page 83). So whether you're a Deadmau5 fanatic or a Nascar buff, a Lollapalooza regular, or a Chicago Cubs diehard, there's no reason you should find yourself marooned on the couch, the only one of your friends who didn't score a ticket. Thanks to the rise of e-tickets and the secondary market online for ticket resellers, there's just about zero live events you can't game your way into at the last minute, and at a reasonable price. Here's what you need to know.

How to crash any sold-out concert at the last minute

Okay, so all the tickets for that Black Keys show you're dying to see this summer are gone. But that doesn't mean you can't still see them in the flesh. In fact, your journey to the front row is only just beginning.

Your first order of business: Download the free apps SeatGeek and StubHub. SeatGeek, the ticket world's answer to Orbitz or Kayak, aggregates prices and deals across nearly every ticket reseller on the market, including big sites like TicketsNow and Razorgator. (The only holdout from SeatGeek is StubHub, which used to be listed there, too, until the eBay-owned marketplace yanked its listings and decided to launch its own standalone smartphone app in 2010.)

Now, just about every ticket you can imagine can be found on one of these two apps, so be sure to check them both.



by Mark Ellwood

(There will be overlap.) When you see your Black Keys ticket, likely at a price you don't want to pay, don't be discouraged.

As soon as those tickets sold out, the basic laws of economics kicked in: The resale prices began to soar higher and higher on the secondary markets (e.g., SeatGeek and StubHub) in response to the growing demand by all those rabid fans. But as smart concertgoers—at least those who made it as far as Econ 201—should be able to figure out: Tickets are a perishable commodity. As much as we all love the Keys, July 8 tickets are worth nothing on July 9. In other words, "Wait as long as possible to buy them, and on average it will yield the best result," says SeatGeek co-founder Russ D'Souza.

Now, back to the Black Keys. They're playing in a week, and by now the tickets are way too pricey. What do you do?

Well, nothing.

Here's the game plan: Wait till the day of the show, then head to a bar near the venue and keep your phone in hand. Log on to both apps and watch the prices start tumbling in real time. When they hit your target, buy away. (Though I'd advise you to err on the side of paying *more* rather than less so you aren't outbid. But how you play this game of chicken is entirely up to you.)

If you're worried that buying a ticket five minutes before showtime leaves you no time to find the seller in person to get your tickets, relax, and welcome to 2015: They're e-tickets. "You used to have to stand in front of a venue and pay some guy; now you can use the app, wait until the last second, and use a mobile device to get in," says StubHub's Glenn Lehrman.

Game your way into the big game

The same principles apply to getting last-minute tickets to sporting events, but the game is a little less stressful. "It's much easier to get a deal on a sporting event—there's no comparison," says Lehrman. Because while bands might play a handful of concerts in the same venue or a festival might last just a few days, the Detroit Tigers will have 81 home games. "If you play it right, there's no reason you can't go to a game for as little as \$3."

So do the same thing you did with the Black Keys, but keep in mind a few tips:

First, go after single seats, not blocks, because it'll raise your chances of getting a reseller who's a stand-up guy just trying to get rid of an extra seat, rather than a professional broker who's trying to rip you off, according to Lehrman. And pay attention to the SeatGeek function called Deal Score, which rates every ticket for its "true value" on a scale from one to 100-taking into account factors like angle of view and obstructionsrather than real cost. In general, advises d'Souza, don't even consider tickets rated below 75. (Unless, of course, you don't care about nosebleeds or a foul pole directly in your line of view.)

And perhaps most importantly: If you can live with the idea of missing the first pitch, know that SeatGeek allows you to continue browsing for tickets even after the game's started. Trust me: Tickets in the second inning are cheap.

Rock next year's Coachella

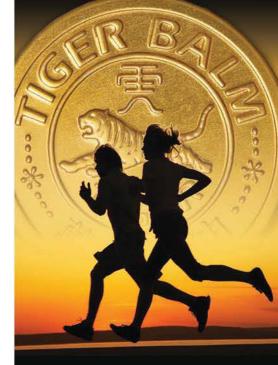
What if you need to buy in advance but still want to score a deal? That's easy, too. Just think like your mom and delve into the world of discounts and coupons.

Start with your bank's website. Citibank, for example, offers deals for Live Nation events. Just bookmark specialoffers.visa.com, dealcenter .americanexpress.com, and priceless .com—all of them offer deals for everything from concerts to Nascar races.

Also scan the websites for venues and ticket sellers who routinely offer discounts if you do little things like subscribing to a newsletter (that you can immediately unsubscribe to). And be sure to browse the bargain forums couponsherpa.com and retailmenot .com. These sites may look hokey, but they're very handy, as they aggregate discounts and list coupon codes online.

Finally, before you buy, head over to a coupon-voucher-exchange site, such as *cardpool.com*, *giftcardgranny.com*, or *junkcard.com*. These act as niche marketplaces where people offload unwanted gift cards in exchange for cash. Here you can expect to find Ticketmaster vouchers with discounts of around 10%. But if you miss out, don't worry. There's always buying later.

Mark Ellwood is the author of Bargain Fever: How to Shop in a Discounted World.



"When I need fast, safe and effective relief from muscle aches and pains, I count on Tiger Balm. With its time-proven blend of herbal ingredients, it's a pill-free solution to pain I can always depend on."





TIGER BALM' Works Where It Hurts

Available at all major retailers.

Visit tigerbalm.com for the retailer nearest you.

Follow us at facebook.com/TigerBalmUS for the latest promotions!





The 2015 Red Hot Summer

By Bill Bradley and Noah Davis Photographs by James Ryang



Thirty of the most superfit, ultra-active, wildly adventurous, all-around entertaining ways to run, lift, party, paddle, and relax your way to the most incredible summer you've ever imagined

CONTRACTOR



Rock an EDM running festival

The Night Nation Run bills itself as the world's first "running music festival": 3.1 miles of thumping EDM (electronic dance music) beats and a course filled with multiple DJ stations, smoke machines, spotlights, and vertiginous laser shows-all bookended by pre- and post-race dance parties that last for hours on end. With six summer events in cities ranging from Boston to Los Angeles, there's likely one right around the corner from you. The registration fee (\$30-\$60) includes a glow necklace. Of course it does. (nightnationrun.com)



This summer, the U.S. hosts the Concacaf (Confederation of North. Central America, and Caribbean Association Football) Gold Cup. USA, led by Michael Bradley, Clint Dempsey, and DeAndre Yedlin, plays Honduras (July 7; Dallas), Haiti (July 10; Boston), and Panama (July 13; Kansas City, KS) in the group stage. Barring an upset in the quarterfinals (July 18; Baltimore) or semifinals (July 22; Atlanta), Team USA will battle archrival Mexico in Philadelphia on July 26 for the title.



Have that crazy adventure you've always wanted

Hit the road, hit the surf, hit the mountains-finally

Stand Up for Cuba

With the embargo lifting. it's easier than ever for Americans to travel south-Airbnbs are popping up from Havana to Villa Clara, and the stand-up paddleboarding (SUP) craze has already consumed the island.

According to Marc Miller, co-founder of Isle Surf & SUP, his favorite spots to paddle include: Malecón, along Havana's waterfront: Baracoa. a remote rural town on the northeast coast: and Varadero, just a few hours' drive east of Havana, where, he says, you'll find "endless whitesand beaches.

Trek to a Remote Archipelago

Haida Gwaii sounds like something from Lord of the Rings, but the 180-mile-long chain of 138 islands sits less than 100 miles off the coast of British Columbia. Here you'll

find the most wonderfully undespoiled, world-class fishing, surfing, hiking, beachcombing, and wilderness camping.

Air Canada runs twice-daily flights from Vancouver International Airport, or you can take the ferry. Try Absence of Time House (\$165-\$200; three-night minimum) for accommodations.

Zip It Up

Ticking Alaska off your bucket list this summer? Make your way up to Hoonah, 35 miles east of Juneau, for the lov Strait Point zip line, which starts at 1,350 feet and ends at 20.

"The Icy Strait Point ZipRider is like no other ride in the world," says Tyler Hickman, VP of operations. "The uninterrupted mile-long ride has clocked speeds of up to 82 mph and has a spectacular view." Just make sure you bring a jacketit's cold at the top.

Race Across the State of Missouri

Paddle 340 miles along the Missouri River from Kansas City to St. Charles. This isn't your typical leisurely float trip, however. You'll have precisely 88 hours to make it to the finish. And it's not for the faint of heart: Only two-thirds of entrants finished last year.

July 28-31 is your chance. Just make sure vou pack sunscreen, bug spray, and Motrin (in case you make it to the finish).

Visit Singletrack Heaven

Perhaps the greatest singletrack mountain biking in the country is the Kokopelli Trail, stretching 142 miles from Loma, CO, to Moab, UT. If you're channeling your inner Bradley Wiggins, you can do it in a day. But for most dudes, even avid mountain bikers, you'll need three to five days.

Hit a local **BBO** festival (without getting fat)

Every state hosts at least one massive summer gathering of all things fatty, pulled, smoked, and grilled. Here's how to enjoy top-quality BBQ but survive with your health intact.

Brisket, Then Beer

Eat some meat firstthe food will slow down the body's absorption of alcohol, keeping you sober longer. A beef base will also "slow the blood-sugar spike, so you'll store less fat," savs Liv Langdon, of Liv Lang & Prosper.

Go "Carolina" with the Coleslaw

You'll be temptedespecially if you like vour BBO Memphisstyle-to pile on the (usually mayo-packed) slaw. So look for cooks hawking Carolina-style fare to find a less-fatty. vinegar-based variety.

No Sauce? No Prob.

Since most cook-offs feature pro chefs cooking top-quality meats, you won't need heavy sauces to "fix" them. "BBQ sauces are notorious for hidden sugars," says Lori Zanini, R.D., of the Academy of Nutrition and Dietetics. If a 'cue needs a lot of sauce, skip it.

One H₂O, One Beer

Sage advice from Daniel Vaughn, Texas Monthly's first-ever BBO editor: "Eating tons of salty meat can sneak up on you and dehydrate you before you know it." So drink even more water than you would for a typical outdoor event.

Like obstacle races? Like getting naked? Good news: Burlington, WI, is holding its second annual Mud, Sweat, and Boobs, a clothingoptional part 5K, part Tough Mudder that raises money for "boob- and ball-cancer awareness



HBO's True Detective bravely marches forward without "Woody McConaughey" and Alexandra Daddario's singular figure. This year, it's all about "Vince Farrell."

Score points with your lady and fire up Fandango-because Channing Tatum is returning to the stage in Magic Mike: XXL, the sequel to 2012's shockingly fun Magic Mike.





Make a pilgrimage to weightlifting's buff-guy mecca

Gold's Gym is celebrating a big birthday

The most hallowed ground in all of strength training turns 50 this year. The garage-turned-gym in Venice Beach, CA. founded by former merchant marine loe Gold, still attracts the likes of Arnold Schwarzenegger and hosts several other celebrities. ¶ Now, to celebrate.

- Gold's is offering a free seven-day membership (7dayvip .goldsgym.com); it's also launched a Fit Test app and 12-week workout plan, which gratis, after you fill about your goals.
- is written just for you, out a questionnaire ¶ For an authentic on-site experience. says Jason Williams, Gold's GM, first buy the stringer tank," then hit the free weights. and feel free to take a photo with the famous Gold's statue in front of the building. ¶ And if it's a celeb sighting vou're after, come late afternoon to glimpse sessions led by famed trainer Charles Glass. then walk to the Firehouse Restaurant for a Bodybuilder Combo, a healthy post-workout feast. Only then will you have 'done Gold's right.'



Run a road race while knocking back a cold one

Yes, the "brewery run" is a thing. Just don't all-out chug until the finish line.

OK, so we don't normally endorse running under the influence. But, hey, if the sun's out, the beer's cold, and you're capable of practicing moderation, why not partake in the latest summer fitness craze? Meet the "brewery run, a late-afternoon sanctioned road race that actually involves drinking beer during the race, not after. ¶ The good news: They're all mercifully short distances (usually 5Ks; though some, such as the multicity Brew Mile, are even shorter, at just a single mile). But the one constant, along with suds, is a beautiful location. Here are three of the best. (For more, visit mensfitness.com.)

Bite of Bend

JUNE 21 BEND. OR

A costume-themed 5K dipping along the pristine Deschutes River-and also the perfect opportunity to bust out your Nike Air Cortezes and run as bearded Forrest Gump. (Seriously-there's a cash prize for the best costume.)

The course features three top-notch beer stops along the way: 10 Barrel, Deschutes. and Cascade Lakes breweries each have their own "aid" station.

Will Run for Beer 5K

JUNE 21 HAMPTON, NH

A flat and fast, singleloop 5K that starts at the Smutttynose Brewing

rolling hay fields, a pond, and several wilderness back roads, and ends back at the brewery.

include brewery tours, a giant beer garden, and several local rock acts.

Race to the Taps

JUNE 12, JULY 18,

The Appalachia-based craft brewery hotbed launched a new six-pack of hoppy races this summer, with each race starting and finishing at a local brewery, from Catawba Brewing Co. to Pigsah Brewing.

still stand up straight. visit a local gastropub

Co., passes through

Post-race festivities

ASHEVILLE, NC

Afterward, if you can and take in the live bluegrass music scene.

"You'll vomit." RULE 2

Ingest a Loweralcohol Beer

The Brew Mile in Atlanta one-mile race with four beer stations.

How to drink

exercise at the

beer and

same time

"Personally, I couldn't quaff a 10% Russian imperial stout after logging a few miles with more to go," says Heidel. Instead, opt for lower-alcohol refreshers like "saisons [pale ales], wheat beers, and pilsners that provide a little fuel for the road without making you feel bloated."

RULE 3

Drink Tons of Water

"It comes down to drinking lots of water to combat the dehydrating effects of beer, and not drinking too much, too fast," Heidel warns.

JULY 15-19

(goldsgym.com)

Tales of the Cocktail festival, a five-day event during which the best bartenders in the country descend upon New Orleans, is the country's greatest gathering of mixology magic.



Take Amy Poehler and Bradley Cooper, then add Jon Hamm, Kristen Wiig, Jason Schwartzman, and Chris Pine, and what do you get? Wet Hot American Summer: First Day of Camp, Netflix's eight-episode prequel to the 2001 cult classic

Make the trip to Cooperstown for the 2015 Hall of Fame induction ceremony, if only to cheer on inductee **Pedro** Martinez, one of the sport's eminent trash-talkers, who'll be giving a speech.



On a whim, buy a car for \$500 and hit the track with your buddies

Because obviously

After watching the California Mile, a 500mile race composed of million-dollar classic cars, enthusiast and author Jay Lamm had an inspiration: Why not do the same thing, but with ghastly crap heaps instead? Thus, the wonderfully irreverent 24 Hours of LeMons (get it?) was born.

If you want in, the ground rules require enlisting four to six pals with driver's licenses; a car that's been bought and has the engine and transmission track-ready, all for under \$500; and an online application. With events countrywide from Buttonwillow, CA (June 20-21), to Thompson, CT (Aug. 8-9), there's one near vou.

But remember, you need to be accepted. The key to making the cut, according to one race official: "Tell us why you guys would be cooler than all those other lame-o's who applied for the same race." So pool your money and hope for the best. And keep in mind LeMons rule No. 1.6: "Your car may be destroyed at any time.' (24hoursoflemons.com)

The Rules for Racing Right

Advice from Nick Pon, associate perpetrator & grand answerer of general LeMons questions:

On picking your car

"Handling and braking are more important than horsepower. One of our guys found that the Volvo 240 and the Ford Crown Victoria are the two most successful models in LeMons. They may not be fast, but they're steady."

On the right attitude

"Food, BBQ, beer, and positivity: Bring all of the above. If you're having fun, you're doing it right."

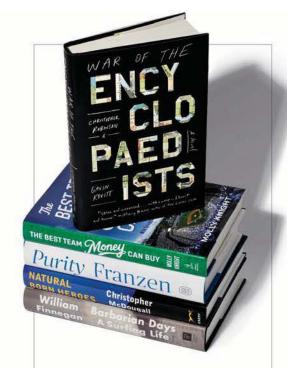
On which race to run

"Doing Time in Joliet, at the Autobahn Country Club in Joliet, IL, July 25-26. It's our first 24-hour event, Plus, it's a members-only country club. When an Autobahn Lamborghini is sharing the paddock with a LeMons Pinto, it's really quite a spectacle."





To check out more crazy things to do this summer, go to mensfitness.com/redhotsummer.



Look smart at the beach (and everywhere else) with these must-reads

War of the Encyclopaedists BY CHRISTOPHER ROBINSON AND GAVIN KOVITE

Two twentysomething best buds from Seattle struggle with young adulthood-and the fact that one of them is soon shipping off to Baghdad. \$26. Scribner

The Best Team Money Can Buy: The Los Angeles Dodgers' Wild Struggle to Build a **Baseball Powerhouse** BY MOLLY KNIGHT

An inside look at a team bought out of bankruptcy and restocked with stars, including Cuban phenom Yasiel Puig. \$26, Simon & Schuster

Purity BY JONATHAN FRANZEN

Love him or hate him. you can't help but read America's favorite Oprah-offending, bird-watching, brilliantnovel-writing author. His fifth book explores

familiar ground, an American family across generations-which means we're in. \$28, Farrar, Straus and Giroux

Natural Born Heroes: How a Daring Band of Misfits Mastered the Long Secrets of Strength and Endurance BY CHRISTOPHER MCDOUGALL

The follow-up to Born to Run tells the story of World War II Greek resistance fighters who used their strength and endurance to capture a German general on Crete. \$27, Knopf

Barbarian Days: A Surfing Life BY WILLIAM FINNEGAN

The author, who was raised in California and Hawaii, chronicles his lifelong surfing obsession, from his adolescent days in Maui to his adult vears as a war reporter for The New Yorker. \$28. Penguin

Play this ridiculous (but outrageously fun) sport

Yes, it's silly, but let's face it: It's fun as hell. FootGolf, the newest gimmicky sport, is a combination of soccer and golf. That's right: Competitors kick soccer balls down perfectly manicured, 200-plusyard fairways and into 21-inch-wide holes. Since it moves much faster than golf and actually involves running, FootGolf is a terrific workoutminus all the pretensions of a snooty

private club.

Clockwise from top alladium, Don Campb

eg Broom; GON, Opposite page,

; GONZALO FUENTES/Reuters/Corbis;

top left: Joshu

: BLM Photo/Alamy; Comedy Central; Sabine a Mellin; Travas Machel; Joshua Mellin; Trav.

Mellin; Travas Machel.

s Scheckel/Getty Images; AP Photo/The Heraldas Machel. Photo illustrations by Sean McCabe

We know what you're thinking: Where on earth could I play FootGolf? Good question! Turns out there are more than 300 courses across the country. (See usfoot golfassociation.org /courses for info.) Pro tip: In official American FootGolf League tournaments (yes, there are such things), knee-high argyle socks and Ben Hogan-style caps are the required attire. And if it turns out you're a natural, you might make your way onto the U.S. squad headed to the FootGolf World Cup in 2016, location still TBD.





JULY 29-AUG. 3

Spend five days crushing crustaceans at the 68th installment of the famous Maine Lobster Festival. For the ambitious, there's a 10K on the morning of Aug. 2



May the "Moment of Zen" live on: It's the true end of an era when Jon Stewart gives his last broadcast from The Daily Show anchor's chair on Comedy Central.



AUG. 30-SEPT. 7

Finish your epic summer by packing your weirdest attire and joining 60,000 of your new besties on the playa of northern Nevada's Black Rock Desert at Burning Man.







Mark Wahlberg is the ultimate pro-whether he's carrying an Oscar-wining film, producing the best shows on TV, or simply making us laugh our asses off. (See this month's *Ted 2*.)

But as the father of two comes to terms with his past and considers his future, he reveals his most personal mission yet: his own redemption.

The his own redemption.

DIAYER



A boxy figure in a blue suit, collared shirt, and no tie emerges backlit from smoke and shadow. He walks toward you, hands in pockets, fabric draping in symmetrical billows, his gait even, steps steady, and pauses, yellow light now hitting him full in the face. Mark Wahlberg nods once, then blinks, and asks, "How was that? Again?" He turns, walks back into the shadow and smoke, stands there, waits.

He's here on a Hollywood soundstage, filming a promotion for the Mayweather-Pacquiao fight. For payper-view watchers-in other words, all of us except the precious few who could afford the many thousands of dollars it cost to be in the MGM Grand Garden Arena that night in May—the first thing we saw before the big fight, after the preliminaries, before the ring walks and the cameras panning to the celebrities in the audience, was Mark Wahlberg walking out of the smoke and shadow, his familiar drawn, beseeching, hungry face staring at us and uttering with action-hero solemnity a kind of beat poem for the pugilistic set: "A rivalry, deeper than competition, so personal it transcends sports, it speaks to the very core of human nature."

He goes on in this macho cadence for more than 30 seconds. It's no easy task to stand there and spout this steroidal copywriting, but Wahlberg does it with aplomb, never wavering, in two quick takes. Like after a hard left and a hard right, this promo is down for the count.

The lights come up and a few dozen camera, sound, light people, and a half-dozen guys in suits seated in armchairs, a phone in each hand, can finally stand up and stretch, talk full-throatedly into their phones. Wahlberg is a pro. He got here on time. He filled out his suit like a panther does his fur. And then nailed his lines. You can't say the same for the other guy slated to do the promo, Sean "Diddy" Combs, who, as of Wahlberg's nailed take, was already an hour late.

WHEN WAHLBERG EMERGES FROM

his dressing room a few minutes later, he's wearing a Travis Mathew golf shirt, white with a gray horizontal stripe, Timex digital watch, and what can only be called gray leisure pants. He was up at 4:45 a.m., hit his knees in his prayer room, resting on a small church bench his wife bought him for his birthday, bowing before a Frederick Hart black sculpted cross, head bowed, lips moving earnestly, a daily reflection, a few devo-

tionals sent to him by a friend, a couple of psalms every morning. This has been his routine for the last 15 years: hit the knees every morning and focus, he says, on what's right and what matters. "It keeps my head on straight."

Then it's 27 holes at Moorpark Country Club—he's a member of the Riviera Country Club in Pacific Palisades, but his buddy is the manager at Moorpark. He tees off at 6:30 a.m., plays the first 18, has a breakfast of Ezekiel bread and almond butter, and then goes out for nine more. "I'm hitting 'em pretty good right now. I've been home three months since my last movie. I have a little range there, so I've been practicing."

He's been into the game since he first moved to Los Angeles in the early '90s and Johnny "Drama" Alves and Ari Emanuel, who would become the models for their pseudonymous characters on *Entourage*—both the television show and the feature film that came out in June—convinced him to give the



game a try and he literally could not hit the ball, the ultimate frustration for the hypercompetitive Wahlberg. The youngest of nine siblings, he's used to scrapping with his bigger brothers. He was a hard-driving point guard as a kid in the Boston Neighborhood Basketball League and a fleet wide receiver in neighborhood football games. To this day, gatherings of the Wahlberg siblings are as likely to turn into wrestling matches and punch-ups as they are sitdown dinners. "We'll be at my mother's house, and I'll have my older brother in a headlock, and my mother will be like, 'What are you doing?"

So Wahlberg swinging and missing during his first round on the links meant there was no way he was quitting golf until he could whack it 240 vards off the tee-which he now routinely does as easily as he nails a simple line in a TV promo.

After filming, he sits in the canteen down the hill from the soundstage, leans over a plate of turkey meatloaf, mashed potatoes, and broccoli, and waits on Diddy to show up. In person, Wahlberg's most noticeable features are his armsheavy-gauge guns that seem to double his width as he walks. His hair is a brown up-and-back quiff, his face Cagney rough. His skin has a weathered quality; maybe it's from all the dawn patrol golf, or maybe it's from his hardwon experience.

IT'S HARD TO BELIEVE, BUT MARK

Wahlberg has been in the public eye for a quarter century, as long as Clooney, Pitt, even Jim Carrey. Of course, for the first half-decade of that, he was notorious for producing infantilized hip-hop as Marky Mark of the Funky Bunch and dropping his jeans to show off his Calvin Klein underwear. Of all the leading men in Hollywood, none had a more inauspicious start than Mark Wahlberg, not just the trou-dropping bad-boy persona he had to overcome, but the actual criminal past that still haunts him.

Those mornings kneeling in prayer? Wahlberg is also praying to God to make him the father he wants to be. He has four children, the oldest 11 and the youngest just 5 years, with model wife Rhea Durham, and he believes one of his greatest challenges is raising his kids the right way. "I grew up with nothing. In America, in one generation you can turn that around. But our biggest worry is that we raise these spoiled, privileged kids. My son has a dirt bike; I never had a dirt bike. My son goes to private school; I always wanted to go to private school. It just wasn't in the cards." In short, nothing prepared Wahlberg to be the father of rich children.

To that end, he's made it a personal crusade to try to parent by example by repairing the havoc he wreaked in his own childhood, as if by cleaning up the wreckage of his past he can appear before his own children somehow cleansed, a father more worthy of emulating. "Drugs, gangs, jail, dropping out of school, everything," says Wahlberg, who describes himself as the "poster child of what not to do." He says it was when he spent 45 days in Suffolk County's Deer Island House of Correction after pleading guilty to assault charges when he was 16 that he realized he had to change. "Being incarcerated, I thought, 'This is what my life is? No, I don't want this. I'll do everything I can to turn it around."

It's remarkable now to watch his 30-second Calvin Klein spots, that Funky Bunch "Good Vibrations" video, and realize that emerging there was an Oscar-nominated actor, a producer of a half-dozen television shows, a purveyor of at least that many products and brands-imagine Justin Bieber becoming one of the most bankable and successful stars and entrepreneurs in Hollywood. And Wahlberg will tell you that none of the challenges on his path to stardom compare to those of fatherhood.

In fact, it was fatherhood, he says, that first drove his transformation from the brash young kid flashing tighty whities to showbiz mogul more than 10 years ago and forced him to reconsider what it means to be a man. That meant owning up to his past and admitting his mistakes and acknowledging that yes, he'd been a delinquent and a punk. He hates it, but there it is, the reality. He's spent the last few years going through the grueling process of having his tattoos removed, a literal stripping away of his past as he attempts to build a closer relationship with God.

(He says he's Catholic but doesn't agree with the church on abortion and gay marriage because he refuses to tell anyone whom to love or how to live.)

Fatherhood drove the transformation from brash young kid to showbiz mogul.

Another part of reconciling his past has meant seeking out victims of his worst crimes-including the Vietnamese man whom he punched in the eye in 1988-and asking for forgiveness. For years, he thought he'd caused Johnny Trinh to lose vision in one eye. "I apologized personally and also found out that I didn't cause all the injuries I was led to believe I did." Last year, he also petitioned the governor of Massachusetts to pardon him, a request he now regrets due to the attention it received.

"It was something I was advised to do. Looking back, I don't think it was the best idea. For me, the most important thing is being forgiven by the person who was really hurt. I've been able to accomplish something by turning my life around and doing the right thing, and that's telling my kids, 'Hey, you know Dad made a lot of mistakes, and this is what happened. These are the consequences I had to face."

MARK WAHLBERG'S MANNER IN

person is unfailingly polite, earnest, with a willingness to engage almost any question, yet he maintains an air of bored resignation about rehashing, yet again, his career, his triumphs, and his regrets. He has a surprisingly soft voice, not always audible on recordings, but it can rise to a bark almost immediately, like when he sees some of Diddy's posse across the canteen and shouts, "Where is he? He was supposed to be here at 1:45!"

Wahlberg has steadily expanded his range as an actor since his virtuosic turn in Boogie Nights, when everyone's first reaction was, "Holy shit, Marky Mark can act!" and their second was, "Is that thing real?" (No, it was a prosthetic. And Wahlberg has it somewhere in storage.) He has, from the start, turned in smart, surprising performances that belie any notion he was ever headed for hunky action herodom—we expected Planet of the Apes and Transformers, but how about Three Kings, The Perfect Storm, I Heart Huckabees, Pain & Gain, and his Oscar-nominated roles in The Departed and The Fighter? He's proven as capable of physical transformations as his Fighter co-star Christian Bale, establishing his thespian bona fides by gaining and losing dozens of pounds on demand, a process he admits is grueling and is becoming more difficult the older he gets. (He's bulking up again for next year's Deepwater Horizon, about the 2010 oil-rig explosion.)

But now, add to his repertoire a



Wahlberg the comedian (from left): I Heart Huckabees (2004), The Other Guys (2010), and Ted (2012).

budding and surprisingly nimble gift for comedy and suddenly, 25 years into his career, he may well have become one of the most versatile actors of his generation. It's one thing to star opposite Will Ferrell in the buddy-cop flick *The* Other Guys, in 2010, and the upcoming comedy Daddy's Home—but to play opposite a stuffed bear, as he did in 2012's Ted and reprises in this summer's Ted 2, is something else altogether, a level of comedy Wahlberg himself admits he couldn't have pulled off 20 or even 10 years ago, because, he says, he would have lacked the confidence to act with a teddy bear. "You have to really be committed or the audience won't buy it."

He sips from a smoothie, rolls his shoulders, does a neck-cracking stretch.

"I was reluctant to even read the script [for *Ted*] because it's about a teddy bear coming to life. How do you pitch that? But I read it, liked it, met [writer-director] Seth [MacFarlane], fell in love with him. So I tried to pitch it to my wife, see if she liked it. We were on our way to the Oscars for *The Fighter*, so I was telling her about this talking teddy bear and she's like, 'You are a fucking idiot.'"

She had a point: You don't see Clooney or Pitt doing teddy bear movies, and maybe there's a reason for that—it can get pretty embarrassing. He points to the scene in the first movie when he and Ted are fighting in a hotel room, which, on the set, meant Wahlberg wrestling around with a stick where the bear would be CGI'd in later. "I'm rolling around with a stick. And you have crew members sitting around, eating peanuts. Seth is like, 'Here he is choking you, hitting you in the face. OK, he's going to come in here and jump there, choking you, hitting you back.' I was like, 'This is ridiculous."

With a shudder, he then recalls a huge dance number at a wedding in *Ted 2*.

"I'm onstage in front of 500 extras in Boston at seven in the morning, and I'm pretending to dance with someone who isn't even there." He pauses, then nods,

all business. "Here's the thing: You have to totally believe. I mean, I watched the second one, and I believe the bear is real."

Word comes that Diddy has at last made it to the set. Wahlberg stands, does that little stretch again, and walks out of the canteen, through the parking lot, past his Toyota Sienna minivan, and up to Diddy's dressing room, where he busts his balls about making him wait.

IT'S WAHLBERG WHO'S A FEW

minutes late to breakfast at a hotel in Beverly Hills a week later. He's dressed in a red T-shirt that reads, "Today I can do anything," with a rosary underneath it, black jeans, and tan construction boots. He's carrying a bottle of AQUAhydrate, his post-workout water brand sold in California supermarkets. He extends a hand, does a quick, light shake, explaining that there's been some ligament damage to his hands over the years but that his doctor says he can avoid surgery if he rests it. Also, yesterday was a brutal day of touch football with his older brother, Tony, and his kids, an afternoon of good, clean Wahlberg-on-Wahlberg violence that ended, as all interfamily competitions must, with plenty of wrestling and rolling on the ground. "I feel like I've been hit by a car," he says. He studies

himself, "Kamut. Kamut."
Wahlberg's business ventures range from his water to his Wahlburger's restaurant chain, which he runs with his brothers and, in 2016, will be expanding from its current two locations to 28. He's also launched branded lines of nutritional supplements, modeled after GNC.

the menu, notices a juice ingredient he's

not familiar with, and says it aloud to

His role model, among actorentrepreneurs, is Paul Newman; but not even Newman did what Wahlberg has in terms of producing hit TV series. Since developing and launching *Entourage* in 2004, Wahlberg has become a regular supplier to HBO, executive-producing In Treatment, How to Make It in America, Boardwalk Empire, and this summer's Ballers. His involvement ranges from active development, note giving, and writer meetings, as with TV's Entourage, to the more removed role he took with Boardwalk Empire, where he felt the show was in very good hands with Martin Scorsese and The Sopranos exec producer Terence Winter at the helm.

At this point in his life, Wahlberg knows his priorities and has learned he needs to hold on tightly when necessary but also to let some projects find their own way. He didn't become a man, he says, until he brought his children into the world, and that responsibility for those lives extends outward: Mark Wahlberg at the center of a great continuum, righting his past and trying to do right in the present.

So Mark Wahlberg shows up on time. He hits his mark. He does his damn job. Because that's what a father does. He saw it in his dad, a Teamster, a truck driver working two jobs to put meals on

the table for nine kids. And he saw firsthand that as a father, you never give up. You set an example. And you own it, every mistake, every triumph.

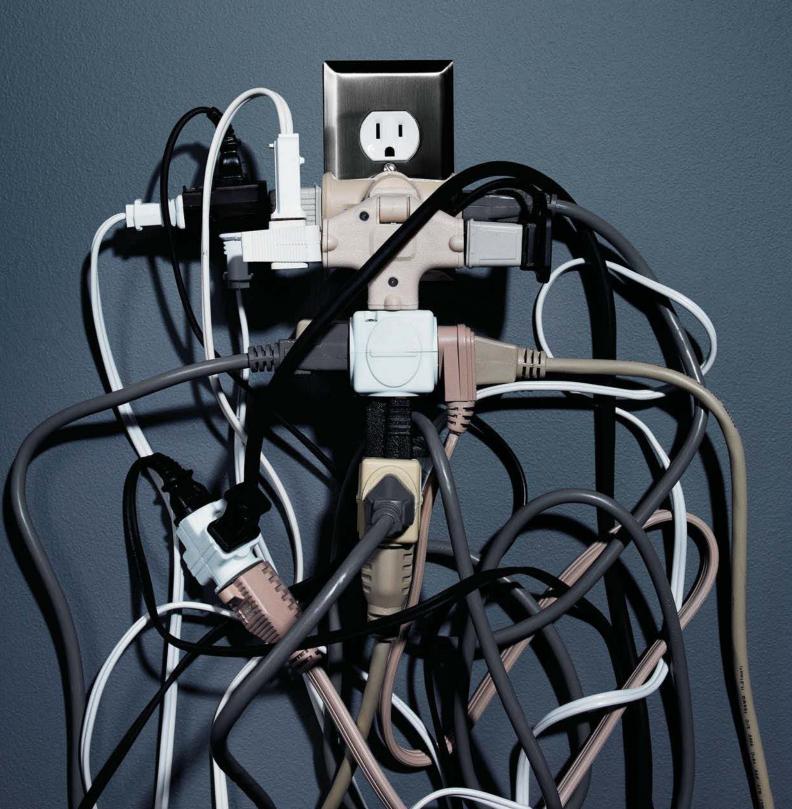
He has talked about leaving acting before to focus on his business ventures and producing. "But I've said a lot of things in the past, and I start to feel differently the next day, the next year. Acting is my first love."

Because that kid, in those Calvin Klein commercials, in those music videos, that's what he was doing: He was acting. We didn't know it. In fact, he didn't even know it at the time. But he was learning how to be somebody, how to play a role. And while he regrets some of his past, the violence, the fighting, the prison time, he doesn't ever forget a thing.

"What's Kamut?" He asks the waiter. It's a superfood, some kind of grain. Wahlberg nods.
Good to know. He won't forget. ■

s/Neal Peters Collection; Columbia Pictures/Neal Peters Collection; Universal/Neal Peters Collection

Whenstress



doesn't suck

What you think is killing you should actually make you stronger

By Michael Behar Photographs by Christopher Griffith



"You seem tense," my iPhone texts me, and suggests



I take a brief meditation break. Is it reading my mind?



No, it's just a message from the two-inchlong gray orb attached to the waistband of my jeans, called Spire, which monitors my respiratory rhythms and alerts me whenever it senses a period of rapid, shallow breaths. Spire was invented by Neema Moraveji, Ph.D., a computer scientist who directs Stanford University's Calming Technology Lab, where his team has studied prototypes like MailO, touted as "the world's first calming e-mail client," as well as Morphine Drip, an app for injured athletes stressed out because they can't play. "We're also trying to bring natural elements into sterile work environments," says Moraveji. "This includes outfitting desks with real grass."

These are just some of the latest products to join a global marketplace filled with antistress teas, body lotions, shampoos, colognes, dermal patches, even socks. On my desk is a vial of Bach Rescue Remedy Natural Stress Relief. Four drops of this homeopathic concoction on my tongue should alleviate "everyday stress," the label claims. Like gazillions of other supplements purported to reduce stress, Rescue Remedy doesn't work. (Or at least, not in my case, according to my new monitor.) But that doesn't stop people from buying it. In fact, Americans are starved for stress salves. As of 2009, Americans spent an estimated \$14 billion on stress-relief products. And according to a 2012 report by the World Health Organization, job- and workplace-related stress annually costs American industries upwards of \$300 billion.

But unlike the marketers of herbal potions, the makers of Spire—a

The problem isn't that stress is killing you—it's that you believe stress is killing you.

make no bold claims that their product will magically wash away your stress. In fact, Moraveji tells me, "our company is not about stress reduction. Stress is a part of life." That's because Moraveji, along with a growing number of scientists, doesn't think stress is actually bad

for you. To echo stress researcher Shawn Achor: The problem isn't that stress is killing you—it's that you *believe* stress is killing you.

Achor should know. In 2007, while studying ethics at Harvard, he founded GoodThink, a research and consulting firm. In 2010, he wrote the book *The Happiness Advantage*, on the power of positive psychology. And in 2013, he co-authored a study, published in the *Journal of Personality and Social Psychology*, which demonstrated that "it's how people perceive stress" that determines how it impacts our health.

Stress scientists call this phenomenon the "stress paradox." When your boss yells at you, your endocrine system dumps stress hormones—adrenaline, cortisol, norepinephrine—into your bloodstream that set off

Researchers believe the act of mentally embracing stress can yield physiological changes—genes firing, neurons rewiring—that measurably improve mental and physical performance.

the classic fight-or-flight response. Your heart rate and blood pressure elevate, your breathing ramps up, and your metabolism rapidly converts fat into fuel to power your muscles. An evolutionary adaption, the stress response saved us from life-threatening situations in the wild. Too *much* stress, however, produces an overabundance of these hormones that begin dissolving vital organs, like Drano in the bloodstream. (For instance, cortisol causes oxidative stress, a process that plunders electrons from atoms within healthy cells, the way rust rips apart steel.)

The paradox, says Stanford University neuroimmunology professor Firdaus Dhabhar, Ph.D., is that those same toxic, harmful molecules we associate with stress—though in lesser amounts and for shorter periods of time—are what make you healthier and stronger.

When you engage in high-intensity exercise like CrossFit, your body reacts to the external challenge and activates similar mechanisms responsible for the fight-or-flight stress response—sometimes for several hours at a time. When released for a short period of time, defined as "minutes to hours," the adrenaline, cortisol, and norepinephrine can function in harmony to build up your body, then dissipate over time. "Exercise can induce a beneficial stress response," says Dhabhar.

The spike in heart rate, respiration, and energy lets you train harder, which builds muscle. The fight-or-flight response also activates your brain's endocrine, immune, and metabolic machinery. Together, these systems dispense insulin, testosterone, and growth hormones (among other hormones) and also communicate with various genes and proteins that alter the brain, as well as muscle tissue—both skeletal and heart—to boost strength and stamina.

"Exercise creates a positive balance of chemicals that can have positive effects on the heart and the brain," says Bruce McEwen, M.D., a professor of neuroscience at the Rockefeller University.

Of course, striking that effective balance of fight-or-flight molecules comes easier for some people than for others. And, say McEwen and Dhabhar, both pioneers in the stress-is-good-for-you research field, our ability to cope with stress derives from several factors, including both nature (McEwen has identified specific genes that are part of the body's response to stress) and nurture (science confirms that prolonged stress during childhood, from things like abuse, malnutrition, or abandonment, will breed adults who instinctively loathe stress and, consequently, will suffer physically from it).

But how does the stress paradox work for everyone? Dhabhar and McEwen, along with a cadre of other researchers, are trying to solve that mystery. And after studying both animals' and humans' brains, genes, and responses to exercise, they believe not only that our mindset is the single biggest determining factor in whether stress is ultimately toxic or beneficial to health, but also that the simple act of having a positive attitude about stress can yield discernible physiological changes—genes firing, neurons rewiring—that measurably improve mental and physical performance.

It's for this reason that Achor collaborated with Moraveji to develop Spire—because it's much easier to embrace stress once you've been alerted to the fact you're stressed in the first place, so you can identify its source. (Spoiler alert: This isn't as easy as you might think.)

"Basically, we've discovered that if you think of stress as something that will impede your performance, it will do exactly that," says Achor. But if you treat stress as a challenge, you'll emerge stronger than ever. You've just got to learn how to do it.

Everything you know about stress is wrong



Blame the modern-day stress-is-evil epidemic on a Hungarian endocrinologist named Hans Selye. In 1934, while doing sex-hormone research at McGill University in Montreal, Selye, who was 28, began experimenting on rats. With the hapless rodents strapped to a wooden plank, he injected them with irritating substances like formaldehyde, starved them, shocked them, chilled them, and inflicted various other forms of torture, then examined their internal organs.

In a pivotal *Nature* paper he published in 1936, Selye used the word *stress* to describe how his test subjects had responded to their torment. (At the time he actually meant *strain*, but the linguistic error stuck.) He later performed similar atrocities on chickens, dogs, guinea pigs, and monkeys and went on to write in the *British Medical Journal* that his experiments produced outcomes "not unlike that occasioned by physical and mental fatigue in man."

Alas, stress as a vague but malicious force in our lives was born.

In Selye's 1956 book *The Stress of Life*, he introduced the concept of "general adaption syndrome": that stress can be a nefarious accomplice of common afflictions like heart disease, ulcers, arthritis, hypertension, and cancer. Yet, even today, 60-plus years later, there's still no consensus on what stress actually is.

"Perhaps the single most remarkable historical fact concerning the term 'stress'...is [the] almost chaotic disagreement over its definition," wrote John Mason, M.D., a Yale psychiatry professor who pioneered the diagnosis of PTSD following the Vietnam War and emerged as one of Selye's more vehement detractors. While Selye believed stress was a *physiological* reaction, like getting a fever when you're sick, scientists in Mason's camp considered stress a largely *psychological* condition, requiring emotional arousal to produce its main hormonal effects: In other words, if you're physically stressed (say, hungry or exhausted) but not emotionally stressed (e.g., afraid or angry), the stress you experience will be minimal. That argument over the role of stress in our bodies continues today.

Selye embraced the idea that stress wasn't all bad in his 1974 book *Stress Without Distress*. He thought "stress was not only the bane, but also the spice of life...for complete rest means death," says Mark Jackson, Ph.D., a University of Exeter history of medicine professor. Though he wasn't the first: In the 1800s, while studying the causes of insanity, British psychiatrist Charles Mercier wrote that poor health could often be traced to "the boredom of insufficient stress."

"Even at the beginning, people were saying a certain amount of stress can be good for you and that we shouldn't just live quiet, calm lives," says Jackson, author of *The Age of Stress: Science and the Search for Stability.* "Some pressure, some stressful preoccupation is actually very healthy. It's always been double-edged."

Among scientists, learning how to harness stress to boost performance has been a more recent endeavor. GoodThink's Shawn Achor got the idea for his mindset study while he was in Marine boot camp. "To pay for Harvard, I had to do a military scholarship," he says. "There

was no praise. I was just getting yelled at for not doing pushups fast enough. It taught me from the beginning that when stress happens, I have to embrace it. Like, 'Cool, I get to go for a run' instead of 'I can't believe I have to go for a run." He remembers that anyone in boot camp who didn't man up to the hardships eventually dropped out— "They broke because the stress was too much for them"—and decided to find out if there was an underlying physiological reaction at play.

For his 2013 study, Achor partnered with Stanford's Alia Crum, Ph.D., and recruited 388 employees of major financial institutions, mostly investment bankers and wealth managers. Crum asked each participant a lengthy set of questions to gauge their stress level, physical health, and mental well-being and found that all were acutely stressed out—which made sense, Achor says, since the study began not long after the start of the 2008 global financial crisis. Next, they showed half the subjects a short uplifting video—think: a soundtrack right out of a happy Disney film—that presented scientific evidence on the "enhancing nature of stress," while the other half viewed a slow-moving downer bemoaning the "debilitating nature of stress."

The upshot: When questioned again, those who'd watched the positive video felt less stressed and in the following months had 23% fewer stress-related health problems—and all from one corny video.

In a subsequent study, Achor and Crum gathered 63 university undergrads and told them to prepare to speak publicly in front of their classmates, who would evaluate their performance—a scenario that would freak most people out. They then interviewed each student to determine how he or she perceived stress (love it, hate it), then took saliva samples to measure the stress hormone cortisol. Sure enough, the students who claimed they thrived on stress had a quick spike in cortisol that then dropped off precipitously, suggesting a robust and healthy fight-or-flight response that elevates focus and energy. But in those who feared the speech, the cortisol lingered for far longer. (Remember the "Drano in the bloodstream"?)

The findings led Achor and Crum to work with Moraveji on developing the Spire stress monitor, which—along with its competitors, like PIP, Tinké, Phyode, Olive, and Embrace—could have a profound effect on how the average person perceives stress. As I found when wearing the monitor for several days (see the sidebar at right), the obvious triggers for stress-job woes, family tensions, traffic jams-didn't actually trip my fight-or-flight response. Most often it was something mundane that activated the Spire stress alarm. For instance, I discovered that perusing my e-mail inbox routinely makes me tense, as does the chirping of incoming text messages.

"Knowing what really riles you is the first step toward harnessing the power of stress to make you healthier and happier," says Achor. But, how to game stress to your advantage?

You can make stress work for you

Rockefeller U.'s McEwen has spent years studying the impacts of stress on the body and believes the notion of mindset—the trendier term is *mindfulness*—is more than just some hippythink abstraction: Evidence is growing that what you think can change your body right

down to your cells. It's all related to "neural plasticity," the concept that many factors environment, emotions, injuries—can cause the brain to "rewire" itself to compensate, for better or for worse.



Monitoring my stress monitor

What our correspondent learned after spending a week under the watchful gaze of the newest body tracker



ountless new gadgets advertise the ability to monitor your stress. Some log heart rate: others record electrical impulses. Granted, the only 100% bombproof method would be collecting saliva and blood samples

to chart your stress hormones. Even so, wearables do a really good job. For one week, I wore a Spire monitor (\$150, spire.io), which tracks respiratory rhythms. Here are three things I learned. -M.B.

1) Stress Monitors Are Really **Great at Measuring Calm**

Spire parses moods into four categories-calm, tense, activity, and focus-and knows how long you're in each realm. It's most valuable teaching you what makes you calm. I discovered that my longest stressfree "calm" periods occurred when I cooked for my family or read to my 5-year-old son before bedtime. I plan to do more of both.

2) Booze Agitates (But Pot Performs as Advertised)

In what I thought were two very stressful events-an argument with my wife and a reprimand to my kid-Spire's only reaction was to inform me I was "active" (duh, I was pacing). Perhaps this is good news? My big surprise: Alcohol triggers stress. A martini roused Spire's "tense" alert after the first sip. But red wine didn't. And since I live in legalized Colorado, I couldn't resist testing Spire's precision with a bit of cannabis. Predictably, it shifted into "calm" mode for two hours.

3) A Stress Monitor Is a Helicopter Mom

While working, the Spire-pressed against my skin on my belt line-often drove me bonkers. Every 10 minutes it would text me (via my iPhone) that I was "tense," then vibrate against my belly until my stress abated. At first this only made me more stressed! To keep calm-and meet my deadline-I shoved Spire into a file drawer. But even in exile. Spire kept at it. dispatching its admonitions: "You've been pretty sedentary for 60 minutes. Time to stretch your legs?" Yet I plan to keep using it.





2015 Men's Fitness Food Awards

Score at the State of the State

with the 50 best packaged foods you can buy

Talk about ruling the aisles! From Amy's Kitchen lentil soup to Wyman's of Maine frozen peaches, we've got your Men's Fitness-approved, aisle-by-aisle guide to the healthiest, leanest, best processed foods you can pile into your grocery cart.

BY BRIAN GOOD // PHOTOGRAPHS BY JAMIE CHUNG

You know the basics of buying meat, dairy, and produce—"lean," "fresh," and "colorful" are pretty much the words to live by. But which frozen pizza should you get? What kind of cracker isn't awful for you? And why are there so many damn boxes of cereal—and are any of them really nutritious? ¶

Yes, it's when you step away from the good stuff and

start looking at anything processed that buying healthy becomes the biggest challenge. But fear not. Men's Fitness is here to help. Relying on extensive taste tests, expert picks, and a final review with some of the country's most trusted nutritional advisers, we've put together a list of 50 fantastic guy foods you can throw in your cart without feeling an ounce of guilt. So stack up your freezer, pile up your pantry, and load your shelves with these terrific-tasting, nutritionally stellar winners of our 2015 Men's Fitness Food Awards.



Top Fridge Foods

Best Eggs

Eggland's Best Cage-free

"Eggland's Best hens eat a special diet to create eggs that are consistently better for you than ordinary ones," says Men's Fitness nutrition adviser Elizabeth Ward, M.S., R.D. "They supply triple the vitamin D, twice the vitamin E, and significantly more vision-saving lutein."

PER EGG: 60 calories, 6g protein, 0g carbs, 4g fat, 0g fiber

Best Brick Cheese

Cabot Private Stock Cheddar

"Like most fine wines, cheddar gets better with age, and this one is aged up to 16 months," says Ward. "It's distinctly sharp, versatile enough to cook with, and delicious on its own as a snack."

PER OUNCE: 110 calories, 7g protein, less than 1g carbs, 9g fat, 0g fiber

Best Cream Cheese

Organic Valley Neufchatel

OK, it's not technically cream cheese—Neufchâtel is really a type of cheese dating back to 6th-century France. But its soft, crumbly texture and mushroomesque flavor make it an ideal cream cheese substitute, with a fraction of the calories and fat.

PER 2 TBSP: 80 calories.

2g protein, 1g carbs, 6g fat, 0g fiber

Best Sliced Cheese

Sargento Ultra Thin Sliced Swiss

Perfect for when you want a hint of cheese in your sandwich but not all the fat and calories. One 40-calorie slice serves up an amazing 3 grams of protein and 10% of your daily calcium needs.

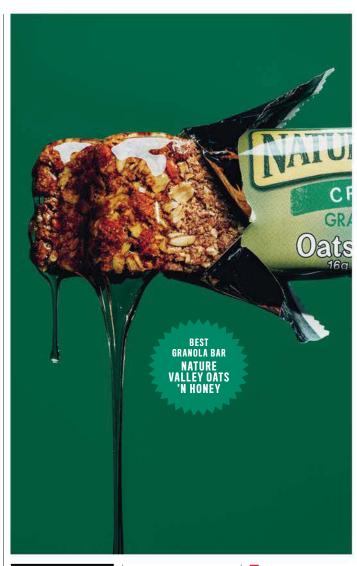
PER 3 SLICES: 120 calories, 9g protein, 1g carbs, 9g fat, 0g fiber

Best Yogurt

Chobani Simply 100

Sweetened with a blend of monk fruit, stevia, and cane sugar, these 100-calorie high-protein yogurt packs come in delicious flavors like Raspberry Lemon and Pineapple Coconut.

PER CONTAINER: 100 calories, 12g protein, 15g carbs, 0g fat, 5g fiber



Best Cottage Cheese

Daisy

With 26 grams of protein per cup and just 4 ingredients, Daisy cottage cheese is a must-have staple," says MF nutrition adviser Chris Mohr, Ph.D., R.D. "Try it post-workout or as a late-night snack to keep

"Try it post-workout or as a late-night snack to keep muscles growing through the night."

PER ½ CUP: 110 calories, 13g protein, 4g carbs, 5g fat, 0g fiber

Best Butter

Olivio Original Spread

We love butter, but Olivio Original has fewer calories and more heart-healthy unsaturated fat. "Plus, every tablespoon delivers 10% of the daily value for vitamins A and E," says Ward. "It's also easier to spread out of the fridge."

PER TBSP: 70 calories, Og protein, 0g carbs, 8g fat, 0g fiber

Frozen Champs

Best Frozen Meal

Stouffer's Fit Kitchen

"These meals have larger, higher-protein portions than regular frozen meals," says Mohr. "Each offers at least 25 grams of protein. And they're made with all-natural ingredients."

PER BOURBON STEAK MEAL: 410 calories, 27g protein, 48g carbs, 13g fat, 4g fiber

Best Frozen Burrito

Evol Foods Chicken, Bean & Rice

For more on this

to mensfitness.c

/foodawards.

year's top foods, go

The entire rich Evol line is made up of GMO-free oils, free-range meats, locally grown veggies...the stuff you'd put in a burrito-if you had time to make one.

PER BURRITO: 340 calories, 15g protein, 48g carbs, 10g fat, 4g fiber

Great Grains (and Cereals)

Best Granola Bar

Nature Valley Oats 'n Honey

PER BAR: 90 calories, 2g protein, 15g carbs, 3g fat, 1g fiber

Best Oatmeal

Bob's Red Mill Organic Thick Rolled Oats

PER ½ CUP: 190 calories, 7g protein, 32g carbs, 4g fat, 5g fiber

Best Cereal

Cascadian Farm Dark Chocolate Coconut Protein Granola

PER % CUP: 250 calories, 10g protein, 36g carbs, 8g fat, 4g fiber

Best Peanut Butter

Justin's Honey Peanut Butter

PER 2 TBSP: 190 calories, 7g protein, 7g carbs, 16g fat, 3g fiber

Best Waffle

Kashi 7 Grain

PER 2 WAFFLES: 150 calories, 4g protein, 25g carbs, 5g fat, 7g fiber

Best Bread

Food for Life 7 Sprouted Grains

PER SLICE: 80 calories, 4g protein, 15g carbs, 1g fat, 3g fiber

Best Pasta

365 Everyday Value Organic Whole Wheat Penne Rigate

PER ²/₃ CUP: 200 calories, 7g protein, 42g carbs, 1g fat, 5g fiber

Best Mac & Cheese

Hodgson Mill Whole Wheat

PER 1 CUP, PREPARED: 400 calories, 11g protein, 50g carbs, 2g fat, 6g fiber

Best Frozen Pizza

DiGiorno Pizzeria Thin Spinach & Mushroom

"As someone who loves to make my own pizza every week, I'm definitely impressed by the quality and flavor of DiGiorno," says Mohr. "My family is partial to the thin crust, which comes with a light coating of olive oil to help it stay crispy."

PER % PIZZA: 250 calories, 14g protein, 32g carbs, 9g fat, 2g fiber

Best Frozen Vegetable

Green Giant Steamers

"Researchers at the University of Georgia found that frozen fruit and vegetables have the same—or greater—nutritional value compared with fresh," says Mohr. "Throw them in the microwave for a healthy, flavorful instant side."

PER ½ CUP, CORN & BUTTER SAUCE VARIETY: 100 calories, 3g protein, 18g carbs, 2g fat, 1g fiber

Best Frozen Fruit

Wyman's of Maine

"Even when you can get fresh berries, they spoil fast, so you often waste a lot of what you buy," says Mohr. "That's why I always keep bags of Wyman's in the freezer."

PER CUP, MIXED BERRIES: 60 calories, 1g protein, 15g carbs, 0g fat, 4g fiber

Best Popsicle

Nestlé Outshine Bars

Whether you're buying the regular fruit bars, the no-sugar-added variety, or one of the unique combos (like Apple & Greens or Strawberry Rhubarb), all you taste is pure fruit and vegetable goodness.

PER 1 APPLE & GREENS BAR: 60 calories, Og protein, 14g carbs, Og fat, 1g fiber

Best Ice Cream

Breyers

It's easy to allow yourself a cheat meal when ingredients listed in it are as simple as milk, cream, sugar, and vanilla beans. Opt for the No Sugar Added or CarbSmart line to cut calories even further.

PER ½ CUP, VANILLA NO SUGAR ADDED VARIETY: 80 calories, 2g protein, 13g carbs, 4g fat, 4g fiber

Best Frozen Yogurt

Dannon Oikos Greek

Men's Fitness staffers trying Dannon's Oikos Greek yogurt called it one of the best things they'd ever eaten; the frozen variety is just as rich and inviting, with plenty of protein and half the fat found in most traditional ice creams.

PER % CUP, CHOCOLATE FLAVOR: 150 calories, 7g protein, 24g carbs, 3g fat, 0g fiber



Award-winning Drinks

Best Milk Substitute

Silk DHA Omega-3 Soymilk

PER 8 0Z: 100 calories, 7g protein, 7g carbs, 4g fat, 2g fiber

Best Juice

V8 Healthy Greens

PER 8 0Z: 60 calories, 1g protein, 14g carbs, Og fat, 1g fiber

Best Beer

Michelob Ultra

PER 12 0Z: 95 calories, 1g protein, 3g carbs, Og fat, Og fiber

Killer Condiments

Best Ketchup

Heinz Organic

PER TBSP: 20 calories, 0g protein, 5g carbs, 0g fat, Og fiher

Best Mavo

Hellmann's Light

PER TBSP: 35 calories. Og protein, less than 1g carbs, 4g fat, Og fiber

Best Pasta Sauce

Bertolli Tomato & Basil

PER ½ CUP: 70 calories, 3g protein, 13g carbs, 2g fat, 3g fiber

Best Salad Dressing

Annie's Homegrown Organic PER 2 TBSP.

GODDESS FLAVOR: 120 calories, 1g protein, 2g carbs, 12g fat, 0g fiber

Best Mustard

Sir Kensington's Spicy Brown

PER TSP: 10 calories, Og protein, 1g carbs. Og fat, Og fiber

Best Jelly

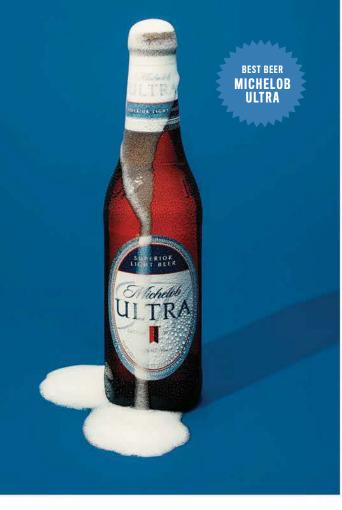
Smucker's Low Sugar Strawberry

PER TBSP: 25 calories, Og protein, 6g carbs, Og fat, Og fiber

Best Salsa

Desert Pepper Tequila Salsa Medium Burn

PER 2 TBSP: 10 calories, 0g protein, 2g carbs, 0g fat, Og fiber



Choice **Entrées**

Best Deli Meat

Applegate Natural

Applegate founder Stephen McDonnell lived as a vegetarian in a hippy communetill he realized he could feel good about eating meat if it didn't contain ingredients he knew he shouldn't be putting in his body. Twenty-five years after its creation, Applegate Farms is still producing the highest-quality deli meats available.

PER 2 OUNCES, ROASTED TURKEY BREAST: 50 calories, 12g protein, Og carbs, Og fat, Og fiber

Best Tuna

Wild Planet Wild Albacore in Extra-virgin Olive Oil

"Wild Planet uses special processing that helps to preserve levels of brainbuilding omega-3 fat in

the fish," says Ward. "The brand boasts at least twice as much per can as regular tuna as well as nearly 28 grams of protein.'

PER 2 OUNCES: 190 calories, 11g protein Og carbs, 16g fat, Og fiber

Best Hot Dog

Applegate Natural Uncured Beef

"These dogs have raised the bar on wieners," jokes Mohr. "They're free of nitrates, chemical preservatives, artificial ingredients, and GMO ingredients. They're also lower in fat than most other supermarket dogs. At 70 calories and 6 grams of protein each, you can have two. Or three. Guilt-free.

PER HOT DOG: 70 calories, 6g protein, 0g carbs, 6g fat, 0g fiber

Best Ground Beef

Organic Prairie

Ground beef itself is actually a "processed" food, but we give Organic Prairie the nod here because of the way the animals are raised: on family farms instead of in factories: synthetic hormone-free: grazing in pastures instead of feedlots: and with humane animal care-all so you can fire up your grill without worrving about where your burger came from.

PER 4 OUNCES: 240 calories, 21g protein, 0g carbs, 17g fat, 0g fiber

Best Sandwich Roll

Pepperidge Farm Deli Flats Soft 100% Whole Wheat Thins

A wise choice when you're watching carbs but still trying to include whole grains in your diet, says Mohr. "A 100-calorie deli flat also has an impressive 5 grams of fiber-a great amount when you think about how chronically low most guys' fiber intake really is.'

PER ROLL: 100 calories, 6g protein, 19g carbs, 2g fat, 5g fiber

Best Dip

First-Rate Snacks

120 calories, 3g protein,

20g carbs, 1g fat, 3g fiber

Best Crackers

Triscuit Original

PER 6 CRACKERS:

Blue Diamond 100

Calorie Almonds

PER BAG: 100 calories,

Newman's Own High

5g protein, 22g carbs,

Reduced Fat Original

140 calories, 2g protein,

18g carbs, 6g fat, 2g fiber

Protein Pretzels

PER 22 PRETZELS:

Best Potato Chips

Best Veggie Chips

Raw Cheezy Herb

110 calories, 5g protein,

11g carbs, 6g fat, 3g fiber

4g protein, 3g carbs.

9g fat, 2g fiber

Best Pretzels

120 calories,

2g fat, 4g fiber

Cape Cod 40%

PER 19 CHIPS:

Wonderfully

Brussel Bytes

PER ½ BAG:

Best Nuts

Sabra Supremely Spicy Hummus

PER 2 TBSP: 70 calories, 2g protein, 4g carbs, 5g fat, 1g fiber

Best Canned Soup

Amy's Kitchen Organic Lentil

PER CUP: 180 calories, 8g protein, 25g carbs, 5g fat, 6g fiber

Best Chocolate Bar

Lindt 70% Cocoa Excellence Bar

PER 4 SOUARES: 250 calories, 3g protein, 17g carbs, 0g fat, 3g fiber

Best Cookies

Trader Joe's Highbrow Chocolate Chip

PER 2 COOKIES: 140 calories, 2g protein. 17g carbs, 7g fat, 0g fiber

Best Popcorn

Jolly Time Crispy 'n White Light

PER CUP. POPPED: 25 calories, Og protein, 4g carbs, 1g fat, 1g fiber

Best Sausage

Al Fresco Roasted Garlic Chicken Sausage with Onions and Herbs

Most sausage is fatty, salty mystery meat. Not so this brand, made with skinless chicken. This sausage's lower fat content leaves more room to pack in protein-15 grams per link, "Sauté up some red peppers and onions, brown these sausages, and voilà, instant dinner." savs Mohr.

PER LINK: 140 calories, 15g protein, 3g carbs. 7g fat, 0g fiber

Best Jerky

Krave

"I never travel without pouches of Krave Jerky," says Mohr. "It's portable protein at its finest. Chili Lime is a personal favorite." We're also partial to the Basil Citrus and Lemon Garlic flavors.

PER OUNCE: 90 calories, 9g protein, 11g carbs, 1g fat, 0g fiber

Go ahead.

Fill your cart.

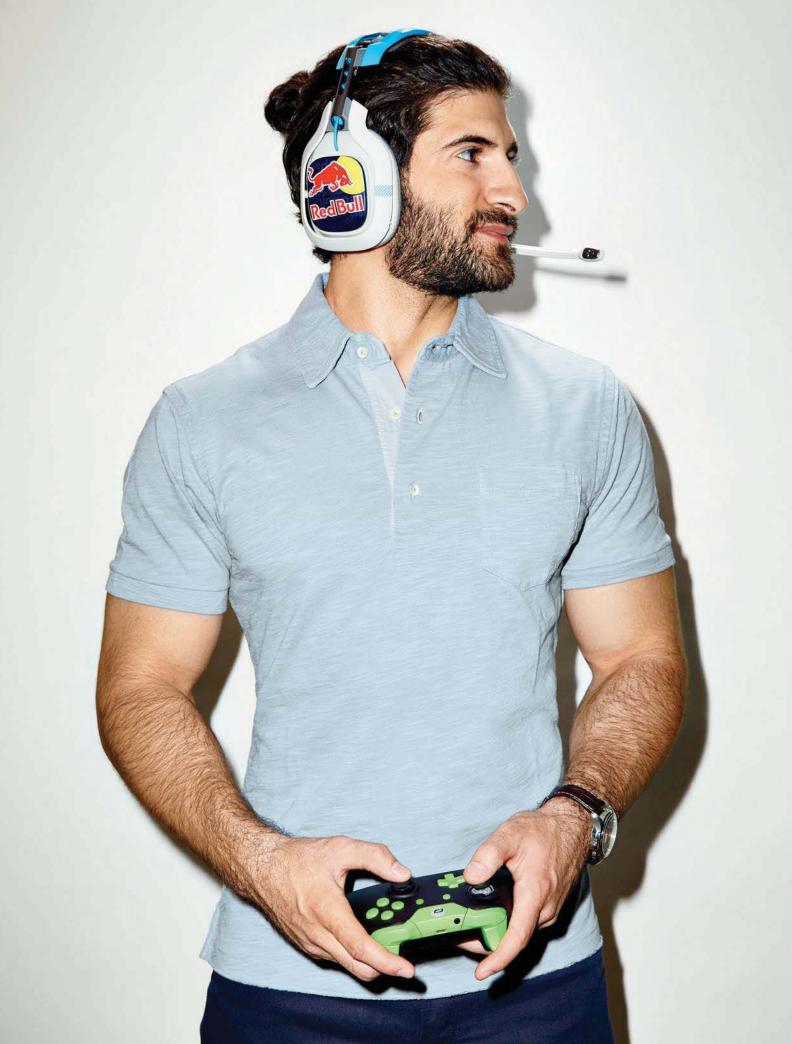
These are the

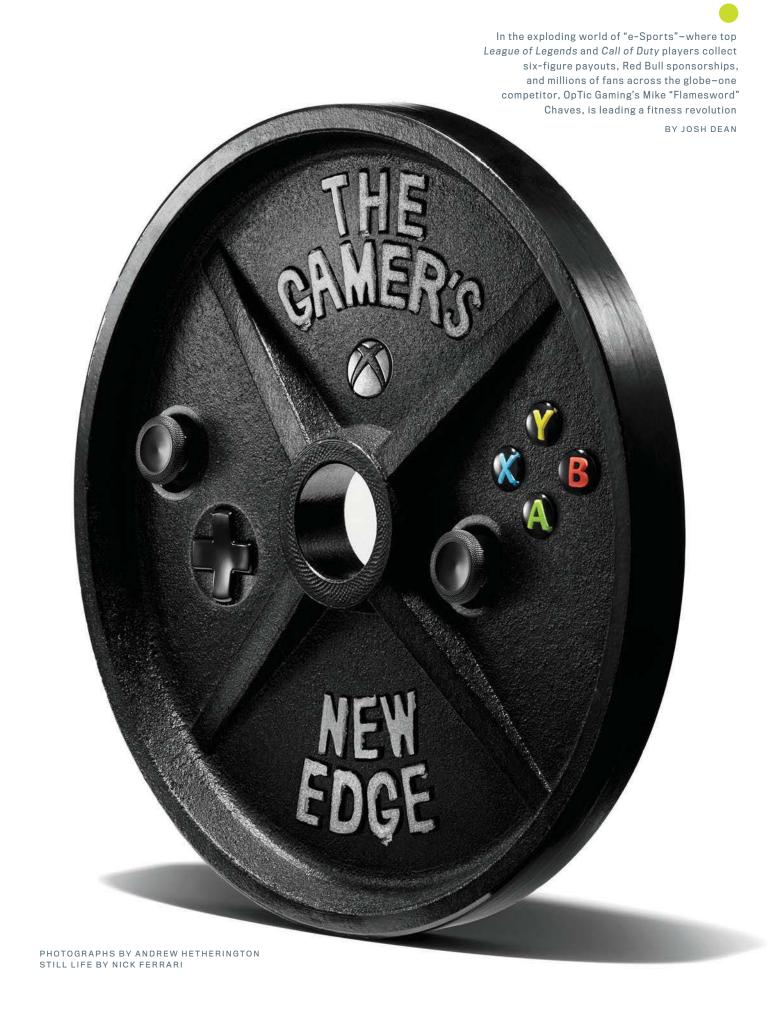
good foods

vou should

be buying.







The man known to legions of adoring fans as "Flamesword" rises at around 8 a.m. from his "prized possession," a Tempur-Pedic mattress with built-in massage, and heads downstairs several hours before his five roommates.

who maintain the schedule of vampires, would even dream of getting out of bed.

Wearing shorts, moccasin-style slippers, and a royal blue T-shirt, Flamesword-real name Mike Chaves-steps around the jugs of spring water in the front hall, avoids the thicket of electrical cords snaking off the dining room table, and takes care not to overturn any of the teetering stacks of Red Bull cases scattered about the fourbedroom colonial in a generic swath of exurbia hacked from the flat woods west of Chicago.

There's no noise, save the soft hum of the idling computers that sit unattended on nearly every flat surface, making it seem as if a gang of hackers had fled the scene in a hurry. "Our neighbors probably think we're drug dealers," Chaves jokes. "We're a bunch of young guys who are up late and never go outside." It didn't help their image when, in 2013, the local police department descended on the house wearing Kevlar vests and carrying machine guns after anonymous online pranksters reported a fake hostage situation at their address-a practical joke known in online circles as "swatting."

Of course, Chaves and his roommates aren't criminals. They're professional athletes. To be more specific, they're professional "e-athletes," leaders of a new and rapidly growing vanguard of young men who've gotten famous—and in some cases, rich—for being as extraordinary at playing video games as Stephen Curry is at draining

And, like pros in other sports, they compete for a team. In this case, it's OpTic Gaming, an e-Sports "franchise" founded by Hector Rodriguez, a young entrepreneur who left a finance job to become one of the first team owners in the sport. Rodriguez provides housing, travel expenses, and exposure for everyone in the so-called "OpTic House," home to some of the most successful gamers on the planet. Two of Chaves' roommates drive expensive, late-model German luxury cars, including the guy whose bedroom is across the hall from his. That would be Matt "NaDeSHoT" Haag, the 22-year-old Call of Duty star who's almost certainly one of the most famous gamers alive. Haag earns upward of a million dollars a year and, like the rest of OpTic Gaming, is sponsored by Red Bull.

Chaves was recruited to OpTic House in 2013, when Rodriguez was looking for someone to coach his crack Call of Duty team, even though Call of Duty isn't Chaves' specialty—he excels at Halo, another first-person, military-style shooter, which had fallen out of favor in recent years and is experiencing something of a resurgence of late. (Chaves will lead the new OpTic *Halo* team, too.)

Rodriguez admired Chaves' expertise in strategy, communication, and team play, which he felt would be an asset to his group. More

important, though, Rodriguez wanted Chaves because of what he represented: a new breed of gamer who understands that his health and fitness directly affect his playing strategy and kill rate.

"I knew Mike could help us reshape our lives into something a little bit healthier and better for the overall gaming lifestyle," Rodriguez told me.

Chaves is 5'7" and has the athletic build of a slot receiver or second baseman. While his roommates are sleeping, he rummages through cabinets and the freezer, pulling out various bottles and bags until he's assembled the ingredients for a smoothie: a banana-blueberrypeanut butter blend with oatmeal, flaxseed, multivitamin powder, and chocolate whey protein. As he dumps in two scoops, I scan the room. All around him are signs of dietary wandering: sugared cereals, bags of Oreos, a bottle of Grey Goose. "At the end of the day I can't stop them from eating what they want," he says, shaking his head.

Still, he's had a profound effect on his roomies. They've all changed their diets, and most have joined him for workouts—at least here and there. His biggest success is Marcus "MBoZe" Blanks, a 19-year-old gaming prodigy who moved in weighing 360 pounds. Seven months later, thanks to Chaves' regimen of full-body workouts and rigid dieting, he's down to 280.

"The process was dreadful for someone who barely worked out, ever, in his life," says Blanks. "But once I got the hang of it, the days flew by." And becoming fitter has paid off in myriad ways. "For gaming, it's made me a lot more alert and a lot more focused," he says. "And now I actually don't mind taking pictures with fans and seeing them tweeting it out anymore."

Chaves prefers to stay around 150 pounds, but he's considering putting on a little bulk as he gears up for competition. "It's all about finding the right balance and feeling relaxed and better," he says. While traveling, which he does often, he keeps mentally and physi- $\frac{\omega}{z}$ cally fit with his "four-minute hotel workouts," high-intensity bursts designed to offset the languor of sitting for eight hours straight during a competition. The workout [see page 113] has become very popular on his YouTube channel, where 160,000 video game enthusiasts routinely tune in for his exercise tips and diet advice.

"Sitting down all day is terrible for the body, yet that's what I do for a living," he says. "So exercise is crucial for the mind, for the body, and for feeling relaxed. I've seen my greatest success since I started really working out and keeping fit a few years ago—and that includes four world championships versus the zero I'd won before."

THE AMERICAN VIDEO GAME INDUSTRY CURRENTLY GENERATES

more than \$71 billion in annual revenue—more than the music industry and not far behind Hollywood films. Every year, it expands by leaps and bounds. And e-Sports, as the top level of competitive game play, is on an equally precipitous growth track.

For example, three years ago there were 8,800 e-Sports tourna-



Top: courtesy of subject; Ian Coble/Red Bull Content Pc

ments held around the world, according to Battlefy, an industry analyst group. In 2014, that number was 47,500. The most famous game, by far, is *League of Legends*, which 27 million people play on any given day. Unlike *Call of Duty*, it's played on computers, not consoles, and is global in scope. Its most fervent fans are in South Korea, where two different TV channels are devoted to video games and professional *League of Legends* matches regularly sell out arenas; but that fervor is reaching these shores, too. In 2013, the *League of Legends* world championship sold out L.A.'s Staples Center and was watched live online by 32 million people—significantly more than watch the Masters golf tournament or any single World Series game.

Last year, Chicago's Robert Morris University became the first college to create a varsity e–Sports athletic team, complete with scholarships (they focus on *League of Legends*, for now), and ESPN added e–Sports to the roster of both the summer and winter X Games. Even the U.S. government recognizes the revolution that's afoot. As of 2014, the State Department now considers giving gamers the same 0-1 "exceptional ability" visas it awards elite athletes in soccer, football, baseball, tennis, and other traditional sports.

What makes the rise of e–Sports seem so sudden is the fact that it's happened almost entirely outside of traditional media. ESPN has dabbled in broadcasts, but for the most part, professional gamers live and play online, via streaming networks. "This is the first sport that's grown up and matured completely outside of linear TV," says Mike Sepso, co-founder of Major League Gaming, the largest online network for gaming content and the organizer of most major professional competitions.

Gaming's growth numbers are staggering. When MLG.tv launched in December 2013, it logged a modest 323,000 hours viewed. Six months later, viewers consumed 5.96 million hours of content—up 1,745%. "It's still the early days," says Sepso, "but the reality is that the audience for gaming is so big. The most exciting thing is that it's truly global. When we broadcast, there are people in 130 countries watching."

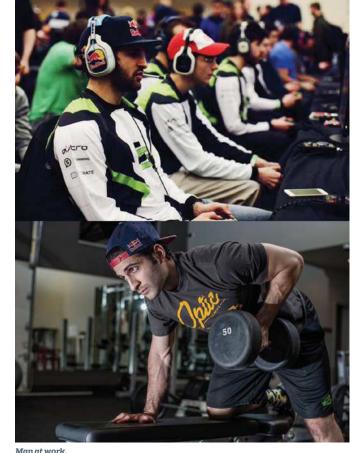
"There's an entire generation of kids growing up and their television is live streams," says Chris Kluwe, a gaming fan who punted for the Minnesota Vikings for eight years before retiring from the NFL in 2012. "They can watch other people play games. That's where they get their entertainment."

Kluwe is an avid player who's been bullish about e-Sports for some time. But the true and near-term potential of gaming wasn't clear to him until he went to those sold-out *League of Legends* finals at the Staples Center. "It was a stadium filled with people watching something they really enjoyed, who knew when it was appropriate to react and how to react," he says. "It was awesome."

Kluwe believes that ultrafit video gamers represent the future of the sport. "The more in shape you are, the more fit you are, the longer you can concentrate in peak performance without any degradation of your ability," he says.

When I voice skepticism on the subject ("Video gamers as athletes, really? C'mon!") he dismisses my dismissal. "It may not have the same physical impact as something like football or soccer, but you still have to have reflexes that are on par with any of the major sports," he says. "If you look at the number of operations per second that StarCraft players do or how quickly League of Legends players react, that's the

Pro gamers have "the same level of perception required to hit a 90 mph fastball or read a blitz," says Chris Kluwe.



Man at work.Chaves credits his fitness for four Halo world championships

same level of perception and skill required to hit a 90 mph fastball or read an incoming blitz. It's not something just anyone can do."

• THE FOLKS AT RED BULL EMPHATICALLY AGREE. LAST SUMMER, the company invited Chaves and the other members of OpTic Gaming to Santa Monica to take part in a weeklong boot camp the company offers regularly to its elite athletes in sports like surfing, snowboarding, BMX, and motocross. This was the first time the company had invited professional video gamers to take part.

There, Andy Walshe, a stout, jovial Aussie biomechanist who serves as director of high performance at Red Bull, oversees an in-house research division set up to "hack the talent" from the "extraordinary cross-section of special individuals" in the Red Bull family of athletes, as he puts it. Specifically, Walshe sets out to identify how the best performers in the world do what they do, then how to isolate and teach those skills to others.

Elite gamers, he says, are just as special as elite golfers or big-wave surfers. The only difference is where that special ability resides. "They have a very high-level cognitive-executive function," he says. "When we first started the program, even the gaming community was like, 'What the hell are you talking about?'"

To Walshe, the question of whether gamers are actually athletes isn't really a question at all. "For me, it's very simple: It's about the high level of skill required, a combination of physical and cognitive ability, as well as high stakes and big stages—and they're performing on cue. They have to go out and deliver as required. That's the classic definition of any of our sporting programs."

What's more, he says, "They're doing things—decision making, information collecting, internal communication—at a level and a pace we've never seen before in any other sport."

In addition to mood, says Walshe, exercise is crucial for focus, which must be maintained for hours at a time. "The fact that they're stationary for long periods makes the fitness and health improvements even more critical."

"These types of competitions are not about just making good

decisions but making them when you're exhausted," says Timothy Church, M.D., Ph.D., professor of preventive medicine at LSU's Pennington Biomedical Research Center and a leading expert on the dangers of a sedentary lifestyle. "Physically working out builds the endurance of your muscles, lungs, and heart—and, surprisingly, your brain as well. This is one of the main reasons the military keeps the Special Forces in such great shape. Many world-class poker players figured this out years ago as well."

Mike Sepso of Major League Gaming is seeing more and more players thinking like Chaves. In fact, Doug "Censor" Martin, a top player on team FaZe Clan, one of OpTic's main rivals, now broadcasts his own fitness and health videos and plays in a tight, sleeveless jersey that shows off his ripped arms. "It's not 'athletic' per se, but it requires insanely quick reflexes, visual acuity, and mental alertness for long periods of time," Sepso says. "And without good fitness and nutrition, those things will suffer, as will the length of your career. The fitter you are, the longer you can play at a high level."

• DEPENDING ON THE DAY'S SCHEDULE, CHAVES WORKS OUT at 8:30 a.m., after his breakfast, or in the middle of the afternoon, around three, when he's finished his first chunk of daily practice. There's a standing invitation for anyone in the house to come along, and often at least one roommate, if not several, take him up on it.

For a while Haag, aka NaDeSHoT, was a regular at the workouts, but by winter he was too deep into competition and team management to do much more than hole up in his room playing *Call of Duty* while shouting live commentary for fans into his headset. "I worked out with him all last year," Chaves says as he prepares to head to the gym for an afternoon session. "He now knows all the stuff he needs to do."

You can see NaDeSHoT, who has a slender, string bean build, in several of Chaves' YouTube videos, including his series of four-minute hotel-room workouts that "saved" him during periods of extreme travel, he says. "I get sad if I can't work out."

Chaves is quick to point out that he's not a professional trainer. "I try to avoid teaching people how to squat," he explains. "I don't have a certificate." He will, however, gladly lead workouts, and if he sees someone with egregiously poor form, he'll certainly point that out. Mostly, though, he's content to act as a motivator.

Currently, apart from Marcus Blanks, his most diligent disciple is Will "BigTymeR" Johnson, a 23-year-old from Arkansas who once had a Guinness World Record as the highest-earning *Call of Duty* player ever. Johnson retired from gaming last year to pursue stock trading—from his bedroom, on the first floor—but remains part of the OpTic family as a coach and popular personality (as his 450,000 Twitter followers and the thousands of fans of his daily streams would no doubt attest). "He's got us on some pretty animalistic workouts," Johnson says of Chaves.

The two hop in Johnson's Mercedes C63AMG to head to the gym, a sprawling suburban complex with a large pool, a massive climbing wall, and multiple full-size basketball courts. Here, last summer, Chaves accepted the challenge of one of his *Halo* teammates and completed "Murph," a notoriously brutal CrossFit workout that requires a one-mile run, 100 pullups, 200 pushups, 300 squats, and another mile run, all as quickly as possible. Elite CrossFitters can get close to a preposterous 25 minutes. Chaves finished in 55 minutes. As we walk in, he says he plans to try and improve that time next summer, after he bulks up. But today, he says, will be a leg day. So he loads several 45-pound plates onto a bar and commences squatting

while looking entirely too comfortable.

"Watching Mike is really what gets me going," says Johnson. "He's my motivation—always pushing the limits. There's a lot of strength in that little man."■

The OpTic-Fast Flamesword Workout

Mike Chaves of OpTic Gaming spends a lot of time on the road (and a lot of time seated). To offset that sedentary lifestyle, he relies on a rigorous "hotel-room workout," which takes just four minutes to complete. - CHRISTINA SIMONETTI

DIRECTIONS:

■ Perform each movement for 20 seconds, followed by 10 seconds of rest. Beginners can repeat the moves for four minutes, but with experience, you can progress to eight minutes (40 seconds on and 20 seconds off), or 12 minutes (60 seconds on, 30 seconds off). This approach is similar to Tabata training, a popular interval scheme for conditioning and fat loss. Begin with a warmup. "I do the entire routine slowly for the first two minutes to warm up my body," Chaves says, "and then I jump into it." So begin with a walk-through to get your body used to the motions and get the blood flowing. When you're ready, start the clock, and go fast.



1. Superman

Lie facedown on the floor; extend your arms and legs. Brace your abs. and squeeze your glutes. Simultaneously raise your legs behind you and your arms in front of you while arching your back to lift your torso off the floor so vou look like Superman flying. Hold for one second, lower your limbs, repeat. If it's too difficult, start by raising only your torso and arms, and work up to using your legs.

2. Dip

■ Place your hands about shoulder-width apart on the seat of a chair. Suspend your body over the chair and





walk your feet out in front of you so your legs are extended. Lower your body until your upper arms are parallel to the floor, and then press back up. If this bothers your shoulders or elbows, Chaves suggests doing pushups instead.

3. Squat

Stand with your feet at shoulder width and toes turned out a few degrees. Bend your hips back, but keep your chest facing forward, and lower your body until your thighs are parallel to the floor. Extend your arms in front of you for balance.

Push your knees apart as you lower so you can sink as deep as possible, but don't let your lower back round.

4. High Knees

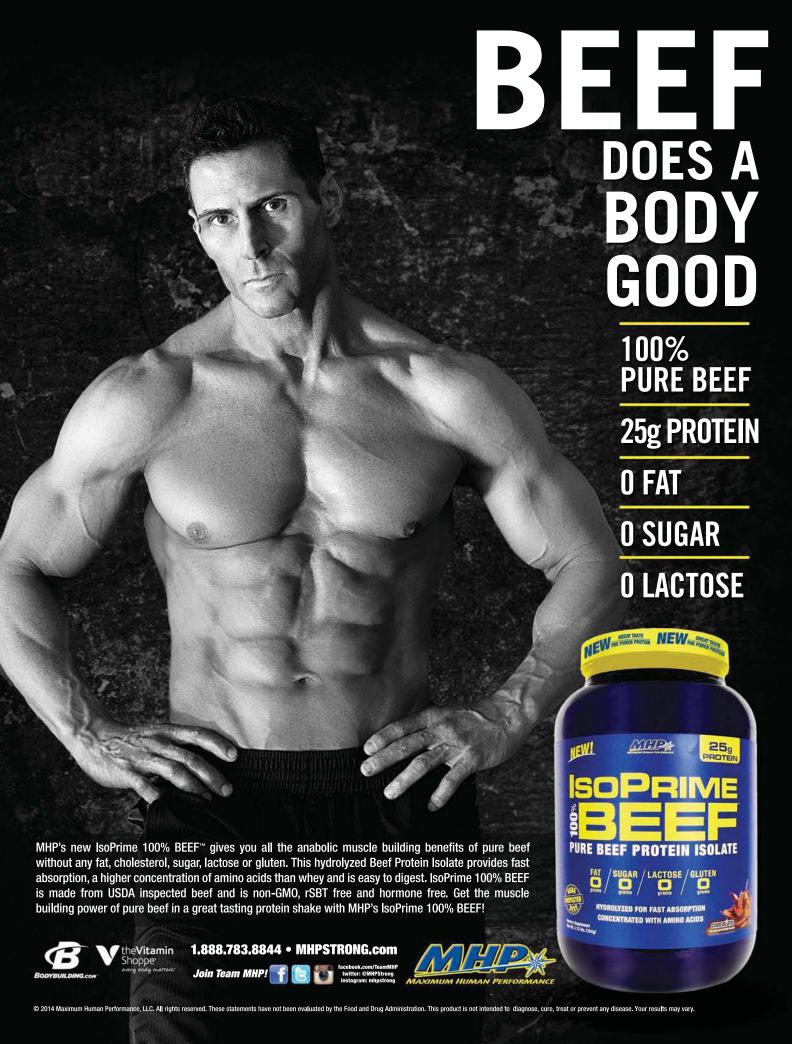
■ Stand in one spot and alternately raise your knees as high as you can, as quickly as you can. Your knees should reach above your hips on each rep. Swing your arms in time with your knees as if you were running.

This move hits your abs and legs while raising your heart rate to burn more calories.

Cooldown

Pace back and forth to get your heart rate down.

"The goal is to get your heart rate down in less than five minutes."

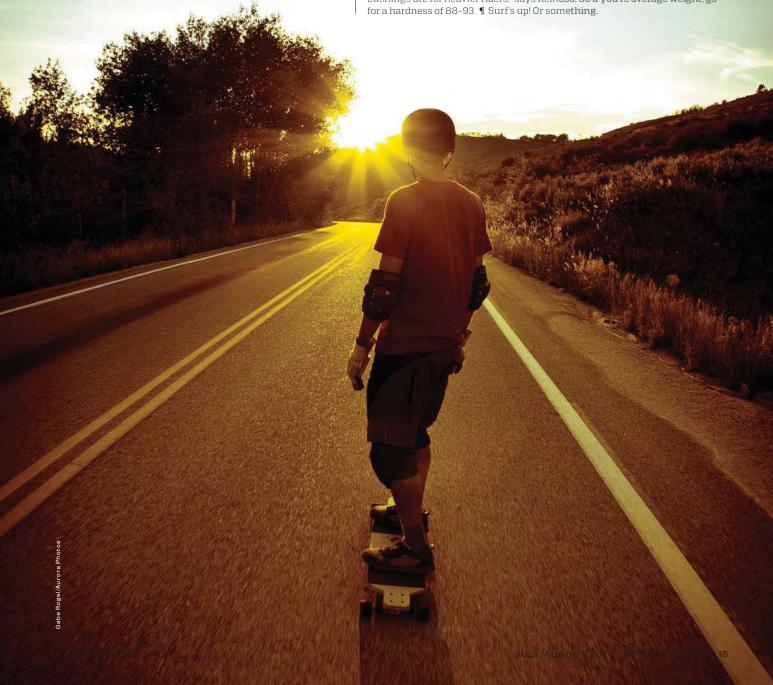


Ask Men's Fitness

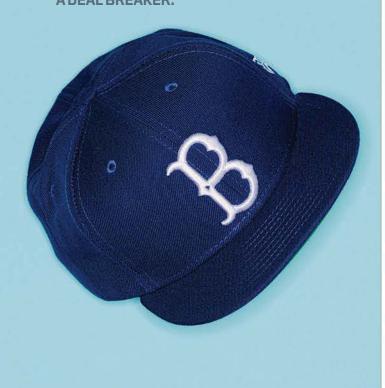
I'm thinking of getting into longboarding-it seems a little less intense than skateboarding but still a cool way to get around. What should I look for in a good longboard?

CHRIS L., NEW HAVEN, CT

"You're going to want something you're comfortable standing on," says Rob Reinoso, Team Manager at Longboard Loft in New York City. "If you have size-12 feet, you don't want to grab a smaller board. It's going to feel awkward." ¶ But more important than anything, perhaps, are the wheels you put on your board. "For wheels, I recommend anywhere from a 78a to an 82a," says Reinoso, referring to the numbers that denote a wheel's hardness—the higher the number, the harder the wheel. "If you're on rough pavement, 78a or 82a will give you enough acceleration to cruise over bumps and pebbles and have a smoother ride but not overexert yourself." ¶ Also: Pay attention to the bushings, the rubber rings that fit around the pins of your board's trucks (which keep the wheels anchored to the board and allow it to turn). "The harder bushings are for heavier riders," says Reinoso. So if you're average weight, go for a hardness of 88–93. ¶ Surf's up! Or something.



IT'S HARD TO BEAT A BASEBALL CAP FOR A SUMMER BBQ-BUT THE BRIM COULD BE A DEAL BREAKER.





"I'm going to a barbecue, and it's a real laid-back poolside thing. I want to wear a hat. What's more in style these dayscurved brim or flat?"

Frankly, dude, asking a barber about what hat to wear is sort of like asking a podiatrist about a rash on your face. But as it turns out, I am the right guy to ask—I love a good hat, and I think I can help you out here.

If it's a chill sesh with the guys, then I don't see a problem with a baseball cap; and these days, flat-brimmed caps are definitely in. If you have a smaller head, though, and the flat brim looks flat-out goofy on you, go with the rounded brim—it's more athletic looking, anyway.

But if this is a formal affair, or the boss's Fourth of July party, I'm going to say fedora. Yes, fedora. And before you

whine and groan and chant "Poser!" at me, I don't mean just any fedora. I mean a snapbrim straw fedora, which is just formal enough to pass at any gathering. Not only is a straw fedora sophisticated, it's also versatile. You can pop the brim up or down. If you have a smaller head. anything from a 34-inch to a 1½-inch brim will work. If you've got a watermelon-size noggin, you're going to need a little extra: 134 inch to 21/4 inch.

Just don't go too large on the brim. You'll look like a cowboy, and that's another column.

Shorty Maniace is the proprietor of J.P. Kempt Barber & Social in San Francisco.
Send your questions to askshorty@mens fitness.com.

Ask Men's Fitness

I'm headed to South Beach. I know it's Debauchery Central, but I want to squeeze in some fitness that isn't just running on the beach...Any tips?

TROY R., NEWARK, NJ

■ Finally, a guy who knows his priorities. "Debauchery Central" doesn't mean you can't shed some sweat while you're there. According to Alex Tonarelli, managing director of Loews Miami Beach Hotel, there are tons of options.

For one thing, there are city bike rental stations throughout South Beach. And paddleboarding the Intracoastal Waterway or along the beach is another good way to work fitness and sightseeing into a vacation, he says. If you're more into other water activities, hotels like the Loews have kayaks and Jet Skis available for rent right on the beach.

You could also. of course, hit your hotel gym. "At Loews Miami Beach Hotel, we have great fitness options via our Exhale Spa," says Tonarelli. Exhale offers Core Fusion fitness classeswhich focus on the core and use weights, balls, bands, and your own body weight as resistance-as well as yoga and beach boot camps. All fitness classes at the hotel are also open to the public.

Finally, he says, you can do some hard swims. "The Atlantic Ocean is an ideal place to swim away the calories from all the delicious South Beach cuisine."

Is lifting on an empty stomach a bad idea? I forget to eat breakfast now and thendoes it matter?

DAVE D., ANN ARBOR, MI

■ It's not going to hurt your gains, as long as you aren't eating two breakfasts' worth of food for lunch and generally eating healthy otherwise, says Melody L. Schoenfeld, a nutrition specialist and owner of the personal training company Flawless Fitness.

Schoenfeld, who confesses to "almost always lifting in a fasted state" because of her schedule, says she hasn't seen any dropoff. "If it works for you, keep doing what you're doing."

In terms of research, she points to a 2013 study by the Journal of the International Society of Sports Nutrition on bodybuilders who were fasting for Ramadan and found that fasted training did not affect body mass or composition. And another study noted that heavy lifting in a fasted state seems to increase the muscle-building response to a post-training meal including carbs, protein, and leucine.

"These studies do provide some insight that fasted training is probably not going to hurt you and might actually have some benefit," says Schoenfeld.





What's the right

TIM H., LOS ANGELES, CA





■ Look at you, badass! Amazingly, says arm wrestling heavyweight world champion John Brzenk, "curling biceps has little to no value in arm wrestling." In fact, "arm wrestlers typically call it pulling, not curling."

But you do indeed need to bulk up. Brzenk advises using a pulldown cable machine with a grip handle and pulling down then across the body.

As for technique:
1) put your dominant foot forward
to lean on; 2) try
to bend your
opponent's wrist
away from yours;
and 3) as you push
down, pull his hand
toward you as if
you were curling
weight.

Styling by John Olson for Halley Resources; Illustration by Harvey Symo

Saving People Money Since 1936

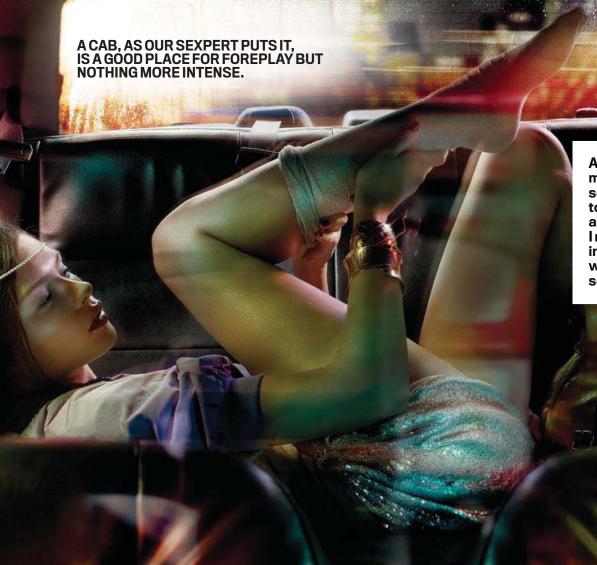


GEICO has been serving up great car insurance and fantastic customer service for more than 75 years. Get a quote and see how much you could save today.

geico.com | 1-800-947-AUTO | local office

GEICO.







THERAPIST AMBER MADISON YOUR MOST INTIMATE **OUERIES**



Sometimes my

girlfriend seems to

"passionate love-

making," and the

something more

akin to "fucking."

Why?

next day she wants

TYLER G., CHARLESTON, SC

want what you'd call

The safety that comes from a good relationship often allows people to

open up sexually in ways they might not with a more casual partner. It could be that your girlfriend's always had fantasies about getting straight nailed but that kind of sex with a more casual partner felt unappealing. But because she feels cared for and respected by you, she can enjoy getting fucked because deep down, she knows there's nothing at all disrespectful about

what's going on. And if she feels respected by you, she'll want to express that in the sack, as well-which is why at times she also wants to make love.

Keep switching it up!

Is there a fail-safe conversation starter to use on women in bars? Not a pickup line, but something they'll respond to?

RORY E., TAMPA, FL

■ Here's what women in bars don't want: A drunk dude trying to get laid. Your best move is to show you're not that guy. If the girl is in a group, vou're going to need to involve all members. Second, approach them as you might approach another guy-i.e., don't overthink it, and show you're interested in talking to them, not

sleeping with them. A safe bet for an opener is always. "I'm sorry to bother you ladies, but...' Now, the "but"

takes a little bit of creativity. What you want is an interesting game or conversation or bet to bring them in on. Ideally what you're showing is the fun you could add to their night if they started hanging out

with you. You could ask them to play a (non-fratty, please) drinking game with you, like "Never have Lever," Basically, you want to engage them in conversation about something. then go from there. This way it'll seem like you started hanging out more "organically," not like you went over to pick them up.

Although, hey, there, congratsyou just did.

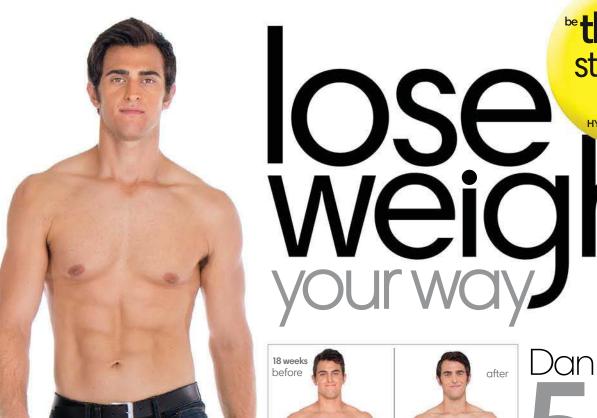
After a night out. my girlfriend seems anxious to get right to the action. How can I make out with her in the back of a cab without the driver seeing?

So, you really have two options here.

Option 1: Make out and don't worry about the driver. Sorry, but you're not going to be able to put moves on anyone without his seeing. What you can do, though, is make out in a romanticwav-nota dry-humping way-so your cabby knows there's no actual funny business going on. Heprobably doesn't care about a light make-out session. He probably does care about body fluids or illicit sex acts going on in his car.

Option 2: Don't make out, but go for some light, over-the-pants touching. Because the seat's in the way, the cab driver won't be able to see what's happening below your waist. Sit next to each other and rub herinnerthigh. creeping up slowly between her legs—it'll be a nice tease for when you gethome. ¶ In short, think of a cab as an OK place for some light foreplay, not as an OK place for sex.





Dan lost 54 lbs.

"Hydroxycut[®] gave me that extra push to get the results I wanted."

Dan used the key ingredients in *Pro Clinical Hydroxycut*® with diet and exercise and was remunerated. People in 12- and 8-week studies using key ingredients and a calorie-reduced diet lost 20.94 lbs. and 16.50 lbs.

mix & match your way



HYDROXY(UT.



hardcoreformula

Hydroxycut Hardcore® contains a different key weight loss ingredient (green coffee).





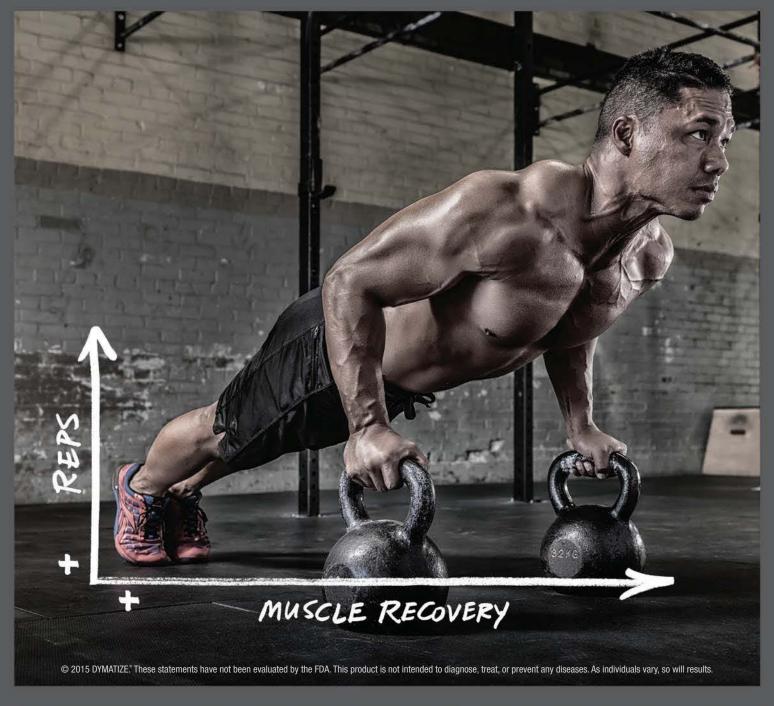










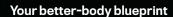


ISO-100° from Dymatize. What's in it? 25 grams of hydrolyzed 100% whey protein and 5.5 grams of branched-chain amino acids (BCAAs). What's in it for you? Better performance. Maximum muscle growth. And faster recovery times. Use it before and after your workouts. Because every workout counts.

YOUR AMBITION. OUR NUTRITION."

DYMATIZE®
N U T B I T I O N





Edited by Sean Hyson, C.S.C.S.

The Body Book



NOW SERVING FRESH MUSCLES ■ You can look like a man and still eat like one, too. That is, you can build the barrel chest and washboard abs you want and still live like a regular guy who gets to indulge now and again without feeling guilty about it. (And,yes, that includes cracking open a six-pack without losing the one on the front of your stomach.) ¶ As a matter of fact, this month's recipes on page 130 center on beer and all the ways it can be used to make delicious meals that won't endanger your abs. Meanwhile, we'll show you how to break your records for best lifts in four weeks with our strength program on page 122, and how to get ripped up for the beach with a fat-loss routine unlike any before it on page 140. ¶ Having it all is a man's job, and now you're gonna do it.



OUR COMMITMENT TO YOU:

Helping our customers achieve their health and fitness goals is what drives us to deliver the highest quality and most effective sports nutrition supplements available. To ensure your success, we use only the best ingredients and the most precise manufacturing standards to create powerful supplements that yield real results.



Before our proteins ever leave the factory they are tested in the laboratory for accurate amounts of protein and consistency in quality. The final step is verification and a seal from ChromaDex®, an independent 3rd party laboratory, and one of the most respected names in Sports Nutrition, just to be absolutely certain that it meets the BPI Standard of Quality.

TESTED FOR QUALITY. BUILT FOR RESULTS.















HOW IT WORKS

■ To build total-body brute strength, you need to squat, bench, and deadlift. These lifts let you load the most weight and activate the most muscle. The only drawback is that they're hard on the body. To get good at them, you have to do them a lot. But how can you get the practice you need without overtraining and getting injured?

The answer is to vary the intensity. You can train all three lifts in a workout and repeat them several days a week if you change the sets, reps, and weights you're using every time. The goal is to feel fresh each workout so you ingrain good technique that allows you to handle heavy weights proficiently when you test your maxes.

Be prepared for it to feel too easy at first. The weights and volume will increase each week, so even if you're not leaving the gym feeling crushed, trust that your training is working. You'll know for sure in four weeks when you lift weights that would have flattened you before.

Directions

Perform each workout (Day I, II, III, and IV) once per week, resting a day between each session. The weights you use for the squat, bench press. and deadlift will be based on your max in each lift-the heaviest load you can handle for one rep. Test these numbers before you begin the program or take your best guess. (But be conservative; it's better to go too light than too heavy.)

The percentages of your maxes that follow cover the first week of the program. Go to mensfitness .com/strongin4weeks for the remaining three weeks of the plan.

Day I

SQUAT

Sets: 4 Reps: 4 at 70% of max

Grasp the bar as far apart as is comfortable and step under it. Squeeze your shoulder blades together and nudge the bar out of the rack. Step back and stand with your feet shoulder-width apart and toes pointed out slightly. Take a deep breath and bend your hips back, then bend your knees to lower your body as far as you can without losing the arch in your lower back. Extend your hips to come back up.



f 2 BENCH PRESS f igtarrow

Sets: 3 Reps: 2 at 80% of max

Grasp the bar just outside shoulder width and arch your back so there's space between your lower back and the bench. Pull the bar out of the rack and lower it to your sternum, tucking your elbows about 45 degrees to your sides. When the bar touches your body, drive your feet hard into the floor and press the bar back up.

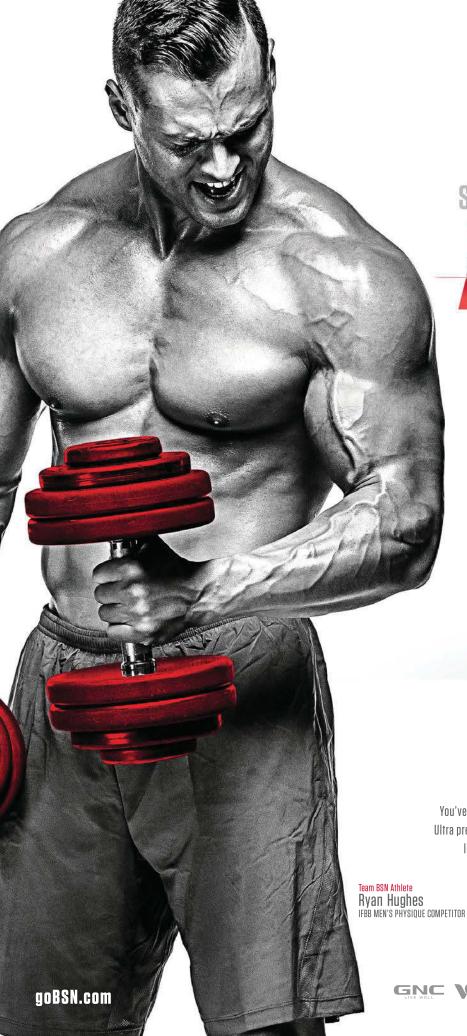


DEADLIFT Sets: 4 Reps: 3 at 75% of max

Stand with feet about hip-width apart. Bend your hips back to reach down and grasp the bar so your hands are just outside your knees. Keeping your lower back in its natural arch, drive your heels into the floor and pull the bar up along your shins until you're standing with hips fully extended and the bar is in front of your thighs.

CHINUP Sets: 3 Reps: As many as possible

Hang from a pullup bar with hands shoulderwidth apart and palms facing you. Pull yourself up until your chin is over the bar. Don't let your body swing.





Set your goals to

your limits.



Your workout is a regimen of effort and dedication. You've earned what comes next. Reward your muscles with Syntha-68. Ultra premium protein, 10 grams of essential amino acids* and milkshake like taste. Syntha-6® helps you recover, rebuild, and repair, so you can return to push some more.







RECOVERY















SYN-RH1 ©2015 BSN® *Naturally Occurring Amino Acids

Day II

SQUAT

Sets: 3 Reps: 1 at 85% of max



Sets: 4 Reps: 4 at 70% of max



DEADLIFT

Sets: 3 Reps: 2 at 80% of max



LATERAL/ **REAR-DELT RAISE COMBO**

Sets: 4 Reps: 8, 8, 8, 20-30

Hold dumbbells at your sides and bend your hips back slightly so your torso is about 45 degrees to the floor. Keep your lower back in its natural arch. Raise your arms out to your sides until they're parallel to the floor. On your last set, reduce the load and perform reps to burnout.

Top: LULULEMON Shorts: ADIDAS Shoes: NIKE Watch: NIXON Want it? See page 154.



Day III

SQUAT

Sets: 4 Reps: 3 at 75% of max

BENCH PRESS

Sets: 3 Reps: 1 at 85% of max



DEADLIFT

Sets: 4 Reps: 4 at 70% of max



WEIGHTED **CHINUP**

Sets: 3 Reps: 6-8

Perform the chinup as described in Day I. but wear a weighted belt or hold a dumbbell between your feet to add resistance.



Day IV

SQUAT

Sets: 3 Reps: 2 at 80%



BENCH PRESS

Sets: 4 Reps: 3 at 75% of max



DEADLIFT

Sets: 3 Reps: 1 at 85% of max



Sets: 3 Reps: 12-15









LOSE 3X THE WEIGHT.

New SLIMQUICK® Pure Men has isolated the fat-burning component in green tea that speeds up your metabolism. It is called BioPure Green Tea™ and it has been shown in a published clinical study to help overweight men lose 3 times the weight versus dieting alone, in just 13 weeks.*

100% GOOD. NOTHING BAD.

Its exclusive natural extract is so potent, it makes new SLIMQUICK Pure Men the most effective weight-loss supplement for men.

WORKS IN 6 WAYS.

Only SLIMQUICK® Pure Men is engineered to work for the male body in 6 ways:

- Burns FAT
- Burns CALORIES
- Boosts METABOLISM
- Reduces APPETITE
- Accelerates FAT BREAKDOWN
- Supports TESTOSTERONE

Oh, and it's guaranteed to work for men or your money back.



Powerful weight loss designed for men.

*A clinical study has shown that overweight men using Slimquick Pure Men's key ingredient, along with an 1850-calorie diet, lost 35 pounds vs. 10 pounds with diet alone in just 13 weeks.

©SLIMQUICK 2015. All rights reserved.















BetaTOR® is a registered trademark of Metabolic Technologies, Inc., and use of HMB is licensed from Metabolic Technologies, Inc. Uses of HMB are covered by pending patent applications owned by Metabolic Technologies, Inc., and U.S. patent number 6,103,764 licensed by Metabolic Technologies, Inc. Peak ATP® is a registered trademark of TSI USA Inc. and is used under license. Uses of ATP are licensed to lovate by TSI USA Inc. under U.S. patent numbers 6,723,737; 7,671,038; and 7,629,329. Mediator® PA is protected under patents pending by Chemi Nutra. Mediator® PA is a registered trademark of Chemi Nutra. OptiNOs® is a registered trademark of Lalla Nutraceuticals. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015

RESEARCH-BACKED FROM THE UNIVERSITY OF TAMPA

MuscleTech® researchers have engineered the world's most powerful musclebuilding trilogy. Unlike most musclebuilders, the Musclebuilding Trilogy provides core ingredients that are backed by gold-standard, third party-validated, human clinical research from leading universities.

Clear Muscle™, Phospha Muscle™ and Plasma Muscle™ act on multiple musclebuilding pathways to trigger muscle growth, inhibit muscle breakdown, enhance strength and amplify muscle performance. It's the most complete, powerful, scientifically developed stack ever formulated.

- Take them separately or stack them together for massive muscle growth
- Delivers extreme anabolic & anti-catabolic effects
- The only musclebuilding pills with Mediator® PA, BetaTOR®, Peak ATP® and optiNOs®
- Clinically dosed based on University of Tampa research
- Studies published in multiple peer-reviewed journals
- Protected by 6 patents and pending patents
- Fully disclosed formulas no proprietary blends



PHOSPHA MUSCLET

Clinically dosed with Mediator® PA – the world's purest form of phosphatidic acid, which helped study subjects build 5.3 lbs. of lean muscle and boost I-rep max leg press strength by 60% in 8 weeks.

CLEAR MUSCLE"

Delivers patented BetaTOR® – an exclusive metabolite and free-acid derivative of leucine and HMB, which was shown in university research to help study subjects pack on 16.3 lbs. of lean muscle in 12 weeks.

PLASMA MUSCLE™

Features an exclusive combination of patented Peak ATP® and optiNOs®. Peak ATP® helped study subjects gain 8.8 lbs. of lean muscle in I2 weeks while boosting strength by 147%, and the premium ingredients in optiNOs® helped subjects boost strength and crank out 4 times more reps than the control group.













Mealsontap

Take one down and pass it around: Beer can make your food healthier while keeping it ab-friendly

BY MATT KADEY, R.D.
PHOTOGRAPHS BY
CHRISTOPHER TESTANI

Your favorite beverage is good for a lot more than quenching your thirst on a summer day and giving you the confidence to approach beautiful women. In fact, it's perhaps the most underrated cooking ingredient in your kitchen. Beer can replace some or all of the liquid—water, stock, or wine—in practically any recipe, adding its own unique flavor without adding many calories and boosting your antioxidant intake. So while you're drinking suds anyway, save some for the recipes that follow, all of which have significant health benefits and will change your opinion of beer as a mere empty-calorie indulgence food. Truth be told, you can have your drink and eat it, too.



BUILDING **TESTOSTERONE** LEVELS



Maximize your natural muscle building engine, while driving down the impediments that hinder muscle development!

TIP THE SCALE IN YOUR FAVOR

You're training hard, eating right and starting to see that muscle definition you've been working hard to achieve. Yet still, it seems as though there's a missing piece to the puzzle. What is it that's keeping you from taking your physique to that next level? You want to be different... better than the rest. You want to shed that last layer of unwanted fat and water that's obscuring those razor sharp abs and deep muscle cuts. This level of conditioning isn't easy, and it is reserved for the elite few that want it badly enough. So you ask yourself - what does it take to really push your body past its limits? What will really take your physique above and beyond where you thought it could go? The answer, and that missing piece may be this: testosterone.

Testosterone allows you to build muscle and burn body fat more effectively. On the flip side, the more body fat you have, the lower your testosterone levels may be. You might already be aware that there are certain steps you can take to up

your t-levels naturally (such as lifting weights, eating "good" fats, getting adequate amounts of sleep, avoiding simple sugars, etc), but sometimes that's just not enough to give you that extra edge over the competition.

Your body is a machine and testosterone is the engine. Your efforts in the gym become more redundant if the engine isn't functioning properly. That's where giving your t-levels a boost can really maximize your body's potential and help you achieve that lean, hard and dry look that most bodybuilders desire.

There is a void in the market for a supplement that could help support testosterone levels while simultaneously minimizing estrogen levels for maximum strength, power, and muscle growth. Out of this need is where A-HD™ was born. The first edition of A-HD™ was unimaginably powerful, but BPI wanted to take it past that. Enter the second generation of testosterone support, A-HD ELITE™.

A-HD ELITE™ represents the most significant testosterone supporting product in recent history. Its estrogenic

modulating characteristics are more pronounced now than ever before. Think of it like a scale that you want tipped in your favor; you want to promote testosterone levels and minimize estrogen levels to get you on your way to achieving that shredded physique that you've been after. We did this by taking the best testosterone booster -A-HD™ - and incorporating the newest scientific findings with cutting-edge, researched ingredients. This powerful testosterone support supplement helps put your body in an optimal state for muscle growth, body fat levels, and strength gains like the pros experience.*†

BUILD MUSCLE LIKE A PRO.

Co-Founder of BPI Sports

Testosterone is a hormone naturally produced in the body that is responsible for changes in characteristics euch ae-

- **Muscle Mass**
- **Fat Distribution**
- Strength
- Libido

"A-HD Elite™ is an extremely powerful, double strength, Testosterone Supporting Agent with potential Estrogen Modulating characteristics. A-HD Elite™ is designed to promote a leaner, harder, more muscular physique when used with proper diet and exercise program.'





Pork Salad with Mustard-Beer Dressing

MAKES: 4 SERVINGS

INGREDIENTS

FOR THE DRESSING:

- 3 tbspoliveoil
- 2 shallots, chopped
- 1 garlic clove, chopped
- % cup wheat, lager, or fruit beer
- ¼ cup apple-cider vinegar

- 2 tsphoney
- ¼ tspsalt
- 1/4 tsp black pepper
- 2 tsp Dijon mustard
- 1 tsplemonzest
- tsp fresh thyme, chopped

FOR THE SALAD:

- Ib pork tenderloin
 Salt and pepper, to taste
- 8 cups salad greens1 apple, thinly sliced1 red bell pepper, sliced
- ¼ cup walnuts, chopped

DIRECTIONS

- 1) Heat 1 tbsp of the oil in a skillet over medium heat. Add shallots and garlic and cook for 1 minute. Stir in beer, vinegar, honey, salt, and pepper. Simmer until reduced to ½ cup, about 6 minutes. Remove from heat and add remaining oil, mustard, lemon zest, and thyme and stir to blend. Let cool.
- 2) Preheat grill to medium high. Season tenderloin with salt and
- pepper. Grill pork, turning frequently until done, about 15 minutes. Let rest for 5 to 10 minutes and then slice.
- 3) Divide salad greens among serving plates and top with pork slices, apple, red pepper, and walnuts. Drizzle with dressing and serve.

NUTRITION (PERSERVING)

344 calories, 27g protein, 17g carbs, 18g fat

Don't bother with light beers. Their flavor doesn't hold up to cooking.

Bison Beer Burgers with Beer-Caramelized Onions

MAKES: 4 SERVINGS

INGREDIENTS

- 1 tbsp butter
- large yellow onion, thinly sliced
- 2 tsp brown sugar Salt and pepper, to taste
- ½ cup dark beer, plus additional ½ cup
- tsp whole-grain Dijon mustard
- 1 lb ground bison
- 2 garlic cloves, finely chopped
- 1 tbsp tomato paste
- 2 tsp Worcestershire sauce
- 1 tsp paprika
- 4 whole-grain buns, preferably to a sted
- ¼ cup barbecue sauce
- 1 cup roasted red pepper, sliced
- 2 cups baby spinach

DIRECTIONS

- ny Melt butter in a skillet over medium heat. Add onion and cook for 5 minutes. Stir in brown sugar and a couple of pinches each of salt and pepper. Reduce heatto medium low, cover, and heat for 15 minutes, stirring occasionally. Add ½ cup beer, raise heat to medium, and cook until little beer remains. Stir in mustard.
- 2) Preheat grill to medium high. In a large bowl, gently mix together bison, % cup beer, garlic, tomato paste, Worcestershire, paprika, and salt and pepper to taste. Form into 4 patties. Grill for 5 minutes on each side, or until cooked through.
- 3) Serve burgers on toasted buns and topped with barbecue sauce, caramelized onion, roasted red pepper, and spinach.

NUTRITION (PERSERVING)

378 calories, 28g protein, 32g carbs, 15g fat





427 calories, 28g protein, 33g carbs, 20g fat



THE EPIQ EVOLUTION HAS BEGUN

EPIQ QUAD TEST

- Clinically-dosed, natural test enhancement with key ingredients backed by 4 studies
- Ashwagandha powerful herb shown to significantly lower serum cortisol levels
- Shilajit shown to increase total serum testosterone levels after 90 days
- Boron shown to increase free testosterone and decrease estradiol in just 7 days



Ingredients Backed by Inical Studies

84 Capsules



ICY BLUE RASPBERRY

Dietary Supplement NET WT. 16.20 oz. (459g)

EPIQ STRYKE

- The most intense pretraining formula - period
- Beta-alanine for enhanced muscle and strength
- Clinical dose of taurine shown to increase performance in endurance athletes
- Ingredients backed by 3 human, gold-standard clinical trials - most competitors have none

PURE. CLEAN. POWERFUL

Free of Banned Substances	3
Contain Clean, Cutting-Edge Ingredients	
Free of Harmful Impurities	S
Free of Artificial Colors and Dyes	(
Free of Undeclared Ingredients	(
Fully Disclosed Formulas	

AVAILABLE EXCLUSIVELY AT









Beer can substitute for water, stock, or wine in almost any recipe.

 $\langle 1 \rangle$

Yogurt Bowls with Beer-Chocolate Sauce

MAKES: 4 SERVINGS

INGREDIENTS

- ½ cup Guinness or other stout beer
- ¼ cup brown sugar or coconut sugar
- 4 cup unsweetened cocoa powder
- 1½ tspespressopowder
- 1 tsp vanilla extract Salt, to taste
- 2 oz dark chocolate (60-70% cocoa), chopped
- 2 cups plain nonfat Greek yogurt
- 1 cupraspberries

DIRECTIONS

- 1) In a small saucepan, whisk together beer, sugar, cocoa powder, espresso powder, vanilla, and a pinch of salt. Bring to a boil, then reduce heat to low and simmer for 5 minutes, stirring often. Remove from heat and stir in chocolate until completely melted. (If allowed to cool, warm for about 30 seconds in the microwave to remelt.)
- 2) Place yogurt in serving bowls and top with chocolate sauce and raspberries.

NUTRITION (PERSERVING)

216 calories, 12g protein, 29g carbs, 6g fat

Beer-Steamed Mussels

MAKES: 4 SERVINGS

INGREDIENTS

- 2 tsp olive oil1 white onion, chopped
- 2 garlic cloves, thinly sliced
- 1 cupamberor lagerbeer
- 2 14.5-oz cans fire-roasted tomatoes Juice of ½ lemon
- ¼ tspredchiliflakes
- ¼ tsp salt

- ¼ tsp black pepper
- 2 lbs mussels, rinsed
- % cup fresh flat-leaf parsley, coarsely chopped

DIRECTIONS

- 1) Heat oil in a large saucepan over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and heat for 1 minute.
- 2) Stir in beer, tomatoes, lemon juice, chili flakes, salt, and black pepper. Bring to a boil, reduce heat to medium low,

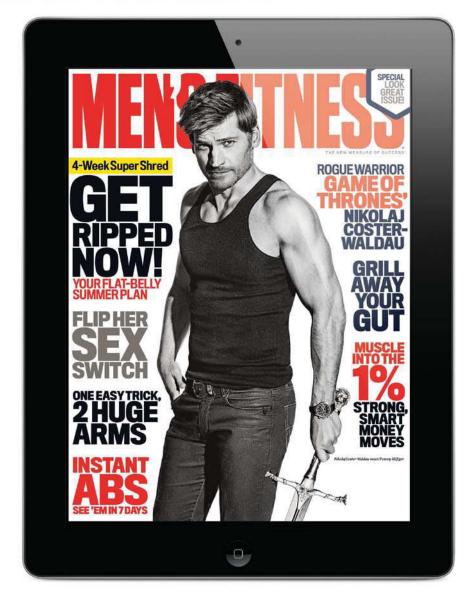
- and simmer uncovered for 10 minutes.
- 3) Add mussels, cover, and raise heat to medium. Cook for 5 minutes, or until the shells have popped open. Discard any mussels that have not opened. Stir in parsley.
- 4) Divide mussels and broth among serving bowls. Serve with slices of crusty bread, if desired.

NUTRITION (PER SERVING) 253 calories, 28g protein,

20g carbs, 7g fat



GET MENS FITNESS TO GO!





Available on iPhone[®], iPad[®], Kindle Fire^{TM}, Nook^{TM}, Kobo^{TM} and Android tablets and phones.





















STRENGTH STRANSEE THE PRIZE

Whether your goal is to build a more muscular physique or improve your athletic performance, make sure your recovery from intense training sets a higher standard. Gold Standard 100% Whey™ provides 24 grams of all-whey protein in a shake you'll look forward to mixing up after hitting the weight room, finishing your road work or whatever physical challenge the day brings. Keep your eyes on the prize and accept nothing less than excellence.



SUMMER SIX-PACK PROGRAM

Here's the formula for getting ripped: Come up with a workout plan, and never let your body find out what it is By Ryan Munsey

When you're talking about cars or job applicants, efficiency is a good thing. When you're talking about working out so you can see your abs, it's a bad one. The problem is, the more efficient your body becomes performing any exercise, the fewer calories it burns doing it. ¶ So with this program, our goal is to make your body more inefficient (like a trip to the DMV, only a lot more fun) so that it burns more calories and stimulates muscle. While it's not the most "efficient" training, it is the fastest route to abs. Go figure.

HOW IT WORKS

■ The best way to throw the body off and fight efficiency is to keep changing up your workouts to prevent adaptation. You'll need to train three days a week for four weeks with the following routines: a high-rep workout to build your work capacity and burn loads of calories; a barbellbased strength day to maximally stimulate muscle: and a blend of strongman and circuit training to challenge muscles you haven't worked before along with your heart. This three-pronged attack will confuse your metabolism and trick your body into burning more fat (accompanied by a sound diet), and you should see results within a month. It's inefficiency at its most effective.

Directions

Perform each workout once per week, resting a day between sessions. Exercises marked "A" and "B" are alternated—perform one set of A, rest as needed, then B, and rest again. Repeat until all sets are done for the pair. The remaining exercises are done as straight sets.

On Day III, perform the exercises as a big circuit. Do one set of each exercise without rest in between. Then rest as needed and repeat the circuit until 30 minutes have elapsed. During Days I and III, strive to complete the whole session in less time each week or lift more total weight. On Day II, choose a weight for each exercise with which you can perform six to seven reps. The sets and reps that appear here are for the program's first week. See mensfitness.com/six packprogram for different set and rep schemes you will use in Weeks 2 to 4.

Day I

PULLUP

Sets: As many as needed Reps: 50 total

Hang from a pullup bar with your hands outside shoulder width and palms facing away from you. Pull yourself up until your chin is over the bar. Do 50 total reps as quickly as possible, resting as needed.







2AWALKING LUNGE

Sets: 10 Reps: 10 to 1

Hold a pair of dumbbells and step forward with one leg. Lower your body until your front thigh is parallel to the floor and your rear knee nearly touches the floor. Step forward and repeat on the other leg. Continue lunging forward. Perform 10 reps your first set, then nine your second, and so on down to one rep.

2B DIP

Sets: 10 Reps: 1 to 10

Suspend yourself over parallel bars and lower your body until your upper arms are parallel to the floor. Press yourself back up. Perform one rep the first set, two reps the second, and continue adding reps up to 10.

3 ALLIGATOR WALK

Sets: 4 Reps: Walk as far as you can

Get into a pushup position with your hands at shoulder width. Your body should form a straight line. Keeping your core tight, take small steps with your hands and feet so you move across the floor like an alligator. Go until you feel your shoulders are about to give out.

tyling by Barret Wertz; Grooming by Natasha Leibel/ABTP.com using Shu Uem '

NEW!

6 REASONS WHY BEST IS BETTER



There's a reason we named it BEST CREATINE™. We confidently believe this is better than any other creatine product on the market. With 6 different advanced forms of creatine all in one formula, this is your professional strength creatine blend for promoting lean muscle, increasing strength and optimizing recovery time."+

CREATINE MONOHYDRATE	CREATINE MAGNA POWER*	CREATINE AKG
CREATINE	CREATINE	pH BUFFERED
ANHYDROUS	PHOSPHATE	CREATINE ALKALINE™

THE BEST FORMULA, BEST FLAVOR AND BEST RESULTS.

Don't just take our word for it - pick up a bottle and try it for yourself.







Day II

1A FRONT SQUAT

Sets: 4 Reps:

Cross your arms and grasp the bar. Raise your elbows until your upper arms are parallel to the floor. Take the bar out of the rack and let it rest on the front of your shoulders. Set your feet at shoulder width and squat as low as you can without losing the arch in your lower back.



1B WEIGHTED CHINUP

Sets: 4 Reps: 5

Hang from a chinup bar with hands shoulder-width apart and palms facing you. Pull yourself up until your chin is over the bar. Wear a weighted dip belt for extra resistance—unless sets of five reps are challenging enough with your body weight.

2A ▽ INCLINE BENCH PRESS

Sets: 4 Reps: 5

Set an adjustable bench to a 30- to 45-degree angle and lie back on it. Grasp the bar just outside shoulder width and pull it out of the rack. Lower the bar to the upper part of your chest and then press it back up.







3A ▷ MEDICINE BALL SLAM

Sets: 4 Reps: Work for 30 seconds

Hold a medicine ball overhead with both hands. Reach back until you feel a stretch in your abs and then throw the ball straight down into the floor as hard as you can. Catch it on the rebound and begin the next rep.

Vest and shorts: ADIDAS Watch: SCUDERIA FERRARI Socks: STANCE Shoes: REEBOK Want it? See page 154.

RUSSIAN TWIST

Sets: 4 Reps: Work for 30 seconds

Sit on the floor with your legs in front of you and your knees bent 90 degrees. Hold a weight or medicine ball in front of you with your arms extended. Rotate as far as you can to the right and then to the left.



NOW GET THE BEST OF LIVE TV

FEATURING ESPN AND MORE

\$20 TAKE BACK BACK TV



WHEN YOU GET THE BEST OF LIVE TV

ENJOY THE BEST OF LIVE TV with ESPN, TNT, TBS and much more!

WATCH ON YOUR TV, TABLET, LAPTOP OR PHONE so you won't miss that next big TV event.

GUARANTEED LOW PRICE THAT STARTS LOW—AND STAYS LOW

- with no annual contracts, bundles, miscellaneous fees, appointment hassles or clunky equipment needed.





Are you ready to take back TV?

Start watching live TV INSTANTLY for 7 DAYS—FREE!

sling.com/offer8 or 1.888.365.2516

Promotional Offers: Free trial: Available to new customers upon account activation. Must provide email address and credit card. HBO may not be available as part of the free trial. Billing and Cancellation: After any promotional period your credit card will be charged monthly for applicable subscription until you cancel your service. Cancel anytime on Siling.com or by calling 1 (877) 811-4788. Programming fees are charged monthly in advance and no credits or refunds will be issued for partial months after cancellation. Requires members: Requires internet-connected compatible devices include: PC or Mar, Roku, io S7. O, and higher, Android 4.0.3, Amazon Fire TV, Amazon Fire TV, Amazon Fire TV, Amazon Fire TV, Amazon Fire TV or Fire Stick. Viewing limited to one device at a time. Miscellaneous: Certain programs may be unavailable due to programmer restrictions or blackouts. Only available within the United States. State and local taxes apply. All prices, fees, charges, packages, programming, features, functionality and offers subject to change without notice. Other restrictions may apply. See Sling.com website for details. Offer ends 8/31/15. ESPN and ESPN2 are registered trademarks of ESPN, Inc. (®Disney. All Rights Reserved. All trademarks are the property of Home Box Office, Inc. CNN, CN Cartoon Network, TBS, & TNT logos are trademarks of Turner Broadcasting System, Inc. A Time Warner Company. All Rights Reserved. ©2015 Sling TV L.L.C. All rights reserved.



ONE-ARM DUMBBELL SNATCH

Reps: 3 (each side)

Hold a dumbbell in one hand and stand with feet shoulder-width apart. Keep your torso as upright as possible and bend your hips and knees until the weight hangs between your legs-maintain the arch in your lower back. Jump, extending your hips explosively, and raise the weight straight up your body. When it gets to your chest, flip your wrist and "catch" the bell overhead with vour arm extended.





3 DUMBBELL PUSH PRESS

Reps: 5

Hold a dumbbell in each hand at shoulder level and stand with feet shoulder-width apart. Dip your knees quickly and use the momentum to explosively press the weights overhead.

4 TURKISH GETUP ∇

Reps: 2 (each side)

Lie on your back on the floor holding a dumbbell with your left hand over your chest, perpendicular to the floor. Bend your left knee 90 degrees. Brace your abs and raise your torso off the floor. Use your right hand for support. Now use your left foot to raise your hips off the floor. Sweep your right leg back and rest on your right knee. Come up to a standing position and then reverse the motion to return to the floor.





PLATE PUSH Reps: Walk 60 feet

Place a 25-pound weight plate on the floor (you may have to rest it on a towel so it slides more easily), or go outside and place it on grass. Get behind the plate and push it, keeping your hips as low to the ground as possible.





(continued from page 30)

after the 11 p.m. newscast, in case Clark wanted to discuss the show. He spent his time logging games for the evening broadcast, sitting in a dark edit room searching for the two or three highlights the sportscaster would actually show on the news. In December, that meant basketball and hockey, often four games a night. The hours didn't phase him a bit: "I was watching sports, at work!" he says.

It's the happiest his wife had seen him in years, she says, and his kids picked up on it, too. When he turned in one of his required college papers, the teacher gave it an A-plus. "He told me, 'You wrote this as if it were a life-changing experience," Brill recalls. "That's because it was."

In the spring of 2009, Brill got what would turn out to be his big break. As ABC converted to digital and high-definition, producers and directors took to learning new systems and equipment by having stand-ins read the news. Brill volunteered. For the first time in his life, he sat in a TV anchor's chair, faced the cameras, and read sports from the teleprompters. One day an executive happened to see the feed and pulled him aside. "You're pretty good at this," he told Brill. "Ever think about doing this for real?" Only every day, Brill thought.

As the No. 1 station in the country's largest market, ABC-7 didn't have an actual job for Brill, but the encouragement was all he needed to convince himself he was, for the first time in his adult life, on the right track. That summer, he sold the family business.

He began to take meetings, speak with agents and reporters, and contact every network in town. By February, he'd finally found a job, with News 12 Bronx, a hyperlocal station with no real budget to speak of.

But sometimes, a low budget presents opportunity. "It lets you be what they call a one-man band," Brill explains. "You shoot, edit, and write all your own stuff." News 12 Bronx didn't have an opening in sports but was looking for someone to cover local breaking news. Brill was brought on as a freelancer and put on the street. His wife bought him a computer with editing software, he took a few courses at the Apple Store, and soon he was producing his own segments.

Four days after he started, there was a blizzard, and because he was one of the few reporters with a four-wheel-drive vehicle, he was sent out to do a piece on kids sledding. "That was my first on-air experience, and it got me all geeked up," he says. "It's like, 'Wow, I really did that!"

A few months into the job, the station's

sports anchor was let go, and Brill saw an opportunity. There were local sports stories worthy of coverage—in particular at colleges like St. Francis and Long Island University—so he told the sports producer he'd love the chance to start covering them. The producer began to use him nearly every day, and within months he had enough sports footage to make himself a demo reel.

Still being freelance, Brill kept his eye out for staff positions; one day early in 2011, he came across a listing for a sports anchor—but it was in Albany. Brill had only practiced reading the news at that point. Yet, after one interview he was offered a job as the sole sportscaster for one of the largest TV markets in the U.S.

It was his dream job, but could he take it? Albany was a two-hour drive away, on a good day. With traffic, it could be twice that. Before he even started his drive home post-interview, he called his wife.

"I got the job," he told her. "Now I just have to figure out if I'm going to take it."

"What do you mean?" she asked.
"It's in Albany," he told her. He'd
switched careers to be happier—but with
three kids, ages 11, 9, and 4, at home,
time with his family wasn't something he
was willing to sacrifice. His wife assured
him they'd find a way to make it work.

BRILL'S DETERMINATION-AND THE

support of his family—were what made it all work. Brill lived in an apartment in Albany during the week, and went home to see his wife and kids on weekends. He'd get in his car right after the 11 p.m. show and be there when the kids woke up Saturday morning. They still missed him, but if he had to work a weekend, the family would come up to Albany and sleep on the couch. "It was actually fun," Brill says. "My kids thought it was an adventure. 'Let's go visit Dad!"

Anchoring the evening sports was a dream come true for Brill, and for 2½ years he loved every minute of it. "If that job had been in the city, I'd have done it the rest of my life," he says.

When his first contract came up in March '13, the station was so happy with his work, they offered him a two-year extension. Again Brill faced a big decision, one that would greatly affect not just his career but also his family. He decided family came first, and hoped the rest would fall into place. "My oldest was almost 14, so it was time to have Dad around a bit more." He decided to say no.

But before he'd told the station, he got a call—from ESPN Radio. "I was like, 'Holy shit, I'm working for ESPN!'" Brill says. Sure, it wasn't TV, but it was sports, and it was with, well, only the biggest, most revered sports outlet of them all.

At the time, ESPN NY radio was the broadcast station for the New York Jets and to this point didn't have a reporter covering the New York Giants. But that was about to change. Brill had a history of covering the Giants when the team had training camp in Albany (it's since moved down to the practice facility in New Jersey), and now he was charged with covering the Giants—his favorite football team since he was a kid.

Brill spent most of his time out on the paved swamps of the Meadowlands with all the other reporters at the Giants practice facility, jockeying for tape recorder space around Eli Manning's locker. Just as he did during his internship, Brill faced some nervousness at first. He'd finally be up-close and personal with his heroes—and being a good beat reporter requires earning the trust of the team, the coaches, and the PR folks. Brill didn't talk much at first, preferring to just put his recorder out there and record answers to the questions other reporters were asking. "But after a year, I started asking my own," he says.

Last winter, ESPN, clearly impressed, handed Brill a second beat, covering the Brooklyn Nets. When the Super Bowl came to town, he was assigned the Seahawks, and when the Rangers made the Stanley Cup Final, he covered their opponent, the L.A. Kings. True to form, he jumped at every chance he was given.

And it paid off—in spades.

After filling in as guest host on ESPN's Mother's Day radio show this spring, Brill received some unexpected news: Once the Brooklyn Nets' playoff run came to an end, he'd be named co-host of a new nightly radio show called ESPN New York Tonight.

"It's validating and overwhelming at the same time," he says. "It makes me humble that I'm able to do something I truly enjoy."

It's a job with perks that thrill both the man and the boy in him. At the end of last summer's off-season camp for returning players, Brill's boss dispatched him to a New Jersey Dunkin' Donuts to watch Eli Manning announce the winner of a contest who would join the star QB in a future ad. It was the last time Brill would see Manning before training camp, so after a short interview, he said, "Have a good summer, Eli."

The two-time Super Bowl MVP smiled. "You too, Andrew," he replied. "See you in about a month." ■



TRUST RESULTS.





TestroVax's bioactive compound is clinically shown to raise serum testosterone levels by 42.1% in just 12 days.

- 3 days after use, subjects still had elevated levels of testosterone.
- Testosterone is associated with numerous benefits, including more energy, enhanced libido, and improved muscle mass.

There are a lot of testosterone-boosting supplements out there that claim they "may" do a lot of things for you. But at Novex Biotech, we don't put stock in maybes. We demand proven science. TestroVax is scientifically formulated—with a clinically tested bioactive compound—to help your body boost its testosterone naturally, with lasting effects.

Novex Biotech.
THE UNSTOPPABLE YOU

See the science behind the performance at TestroVax.com or call 1.800.424.9173.

Use promo code BOOST10 at checkout for FREE shipping.†







(continued from page 101)

Toxic, uncontrolled stress is one factor that can cause this brain change-and not in a good way. Using medical imaging on animal models and human subjects, researchers found evidence that stress withered not just the brain's hippocampus, where memories are stored, but its prefrontal cortex, which handles complex problem solving and helps regulate behavior and mood. It swelled the amygdala, the brain's fear center, as well.

His latest research also found that, during chronic stress, blocks of "junk DNA"-human DNA once thought to have no biological function because it didn't transmit genetically coded instructions to cells-actually awaken and wreak havoc on the body. On the bright side, engaging the right mindset has the power to both reverse and prevent damage caused by stress, McEwen says.

TACTIC NO. 1: Understand the difference between physical stressors (like exercise) that often physiologically benefit you, and emotional stressors (anger, frustration) that, if allowed to persist, can keep your body's chemical stress machinery running too long-and lead to that "Drano effect."

In the case of the latter, it's about finding the right mindset: "Deal with the present, and don't worry about things you don't have any control over," says McEwen. When you do that, "studies have shown...meaningful brain changes in terms of connectivity patterns."

You can take it a step further and engage in mindful meditation: For just a few minutes, relax, clear your mind, and focus on your breath. It's a powerful technique that can sprout new brain cells—like a gecko regrowing a severed tail. Studies show you'll have a longer life, a stronger immune system, and better cardiovascular activity, which will boost your physical performance by getting more oxygen into your blood.

In athletes, bad stress directly affects performance. During his research, Achor met with NFL Hall of Fame defensive end Michael Strahan, who told him that the fear of getting injured was a near-constant stressor. "He was worried he'd blow out his ACL at any moment," Achor says. "But in his final year, he decided to just enjoy the sport and embrace being there—and had his best statistical year by far, which he attributed to that mindset." Former NFL players Brett Favre and Tiki Barber both used a similar strategy, he says. "They acknowledged the stress, then rechanneled their energy toward the task at hand."

TACTIC NO. 2: Fine-tune the intensity and duration of workouts to take full advantage of physical stress—but don't go overboard.

Using brain scans, McEwen has seen

that regular aerobic exercise—even just a brisk walk-stimulates neural growth and blood flow to the brain, as do weightlifting and interval training. But according to Jay Hoffman, Ph.D., a professor of exercise science at the University of Central Florida, it takes intense physical activity to ultimately increase strength and performance. Charging hard deluges the body with stress hormones. These hormones energize your metabolism, which helps you train "at a higher level than you're accustomed to," says Hoffman. Doing so "creates stress that will cause some small damage. But the resulting recovery will enhance the physiological system"—for obvious performance gain.

But if you get carried away at the gym, the paradox begins to work against you.

When McEwen and researchers at Japan's University of Tsukuba put rats on treadmills at different paces, they found that running at a moderate intensity provided the most physical benefits from stress.

In humans, this suggests that during intense exercise, you should hover right around your VO2 max (the measure of your body's ability to metabolize oxygen during exercise). Going above VO2 max is OK-but

How to tell if you're stressed (without a newfangled monitor)...

Do a body check

■ Got cold or sweaty palms, tense or twitching muscles, diarrhea, nausea, or dizziness? Is your heart pounding? Are you breathing rapidly? Clenching your jaw? The body releases adrenaline and cortisol when stressed, raising heart rate and BP-so any physical symptom can be a sign.

Do a head check

■ Suddenly unable to concentrate? Dwelling on negative thoughts or nagging worries? Irritable, or freaking out over small mistakes? Beating vourself up, or feeling overwhelmed? Anxious for a cigarette or a drink? Yup, that's probably stress.

...and what to do if you are

Take physical action

■ Anything that relaxes you quickly is probably a stress beater. So take a few deep breaths-better yet, do a breathing exercise (see mensfitness.com /breathe to learn how); listen to a guided mindfulness exercise (no eve-rolling-it really works) from marc.ucla.edu: listen to calming music: watch a funny YouTube clip; or do five minutes of a favorite workout move or a 60-second yoga pose.

Take psychological action

■ If emotional changes-fear, anger, frustrationaccompany physical stressors, the actual stress will be greater. Yale's John Mason found. So nip it in the bud by immediately ID'ing any stress-causing emotions and using positive self-talk-along with the physical strategies suggested above-till you're calm again. - ADAM BIBLE

not too far, and only in short stints, Hoffman says. More, and you're overtraining, risking toxic stress. You'll know when it's happening. "If you normally run an eight-minute-mile pace, then have difficulty maintaining that [hours or even days after a hard workout], you may need to back off till you recover."

Hoffman also proved this in studies he conducted on NBA and NCAA basketball players. In both, he found that when coaches compelled players to perform too far beyond their physical capabilities, the benefits of training dropped off—they couldn't jump as high or squat as much weight; their reaction time slowed and endurance dwindled.

"If it's easy for you to lift 100 pounds, you have to lift 110, then do the same number of repetitions till it gets easier," says Hoffman. "This is considered 'progressive overload': As soon as the body adapts to a new kind of stress, you then increase the stress."

But suddenly jump from 110 to 150 pounds, and the stress can create "a pathological, not a physical adaptation," he explains. All that overtraining forces the fight-or-flight response into a feedback loop, breeding a type of exercise-induced chronic stress that can lead to thyroid and immune disorders, high blood pressure, heart disease, weight gain, and depression. For it to supercharge health and fitness, the fight-or-flight response must be short-lived—from a few minutes to a couple of hours—and not persist for days or weeks, which makes it toxic.

Normally, exercise stress stimulates your immune system to protect against infections and other diseases, including cancer. Studies by Dhabhar at Stanford show that a moderate workout prior to surgery can speed recovery. But there's always a danger of stress overload. In marathoners, Hoffman has seen "an increase in upper-respiratory-track infections and other changes to the immune system," he says. Group exercise can be particularly problematic because a trainer or coach doesn't know each individual's limits.

"The body's very good at not trying to kill itself," he says. "We have an innate mechanism that tells us when to slow down. We run into issues when we have an external forcelike a CrossFit coach—pushing somebody past where they feel comfortable." His advice: Listen to your body, not an overzealous trainer barking about feeling the burn.

TACTIC NO. 3: Have more sex. It's the perfect twofer, says Dhabhar, because it mitigates the harmful effects of chronic stress while also triggering the kind of chemical response you get from exercise. Plus, it's the one activity that produces positive stress that even the most virile dudes can't overdo. ■



SHOP









GNC has the top products you need.



Your fitness essentials, all in one place.





AIACCESS DEALS.EVENTS.CONTESTS.PROMOTIONS



TRY IT

MUSCLETECH® ANARCHYTT - THE SCIENCE-BACKED FORMULA FOR EXPLOSIVE WORKOUTS

ALL-NEW Anarchy from MuscleTech packs powerful doses of in-demand ingredients to deliver extreme pumps. It features patented Nitrosigine, along with HydroMax glycerol, which is 10 times more concentrated than the competition's glycerol monostearate. For results backed by science, get Anarchy today.

muscletech.com



WEAR IT

GET UP AND GO WITH SKECHERS GORUN 4

This sleek and neutral cushioned running shoe is lightweight and supportive. A great partner for any run.

skechers.com



TRY IT

THE CLINICALLY RESEARCHED ANSWER TO HELP PREVENT THINNING HAIR

Drug free Viviscal* Man hair growth supplements nourish thinning hair from within. Get 10% off your order. Use code MF78PV at www.ViviscalMan.com or (888) 374-0077.

ViviscalMan.com

The statements in this advertisement have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



WEAR IT

SEE THE DIFFERENCE WITH XPERIO UV POLARIZED SUN LENSES

Not all sun lenses are created equal, Xperio UV[™] polarized prescription sun lenses provide maximum UV protection and virtually eliminate blinding glare, giving you the best vision under the sun.

XperioUV.com





SHOWCASE

BUILD GRIP STRENGTH AND ENDURANCE

Grip Pro Trainer very effectively increases finger-hand-forearm strength. Has a natural feel and is comfortable to use. Compared to V-spring exercisers it offers an even workout. 3 levels of resistance: 30lb, 40lb and 50lb. \$7.95 each or all 3 \$19.95 1-866-574-GRIP • GripProTrainer.com



MAN UNDERCOVER

Undress to impress with man-undercover. Because what you wear under your clothes is very important. Its an expression of style and how you feel. Feel Sexy, Stylish,



Sporty have fun undercover. We have it all Thongs, Bikinis, Briefs, Boxerbriefs, Jockstraps. Patterns, Sheer, Semi Sheer, Colors. Discrete Shipping.

J Qoeo Gou

A ROSE FOR LOVE The anniversary rose

A real rose preserved forever in 24kt gold or platinum with your message imprinted on the petals.

Call us or order ONLINE.

www.loveisarose.com • 630-393-1111



DIVE BAR T-SHIRTS

Join the club and you'll get a new tee every month from the best bars you've never heard of.

DiveBarShirtClub.com

ATHENA PHEROMONE 10XT GETS YOU MORE AFFECTION FROM WOMEN

Boost your attractiveness to women with biologist Winnifred Cutler's trade secret formula. Scientifically proven to work for 74%.

"I was a woman-magnet. This one blonde came from across the room and said, "Hi! I just wanted to introduce myself!" –Jerry (ND).

4-6 mo. supply \$99.50. Athena Institute, 1211 Braefield Rd, Dept MF, Chester Spgs, PA 19425

Athenainstitute.com

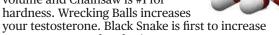




VIGOR LABS AWARD WINNING DIETARY SUPPLEMENTS



Ball Refill is #1 for increasing male volume and Chainsaw is #1 for hardness. Wrecking Balls increases





natural male size. Raw HGH supports HGH levels. Black Antler (banned in pro sports) contains real Deer Antler Velvet. Each product is \$19.95 (Black Snake, Raw HGH & Black Antler \$39.99). Users report amazing results. VigorLabs.com or 1-888-698-6603

TIMING REST BETWEEN SETS

This magazine is filled with workouts and each one requires a specific "Rest Between Sets".

The Gymboss Interval Timer was designed for this exact purpose and will provide any rest you desire between every set. It will also help you avoid interruptions and monitor your progress in the gym.

Weightlifting Crossfit MMA/Boxing Running Tabata HIIT

Train Hard - Train Smart \$19.95 at GYMBOSS.com 30 day money back GUARANTEE GYMBOSS.com



MEN'S SHOWCASE



A PLACE TO LIVE. A PLACE TO LOVE.

Designed to enhance your potential, the Esse is a luxury chaise that provides better access, angles and full-body support. Its stylish curves lets you create a variety of enticing positions and dynamic bedroom scenarios.

liberator.com • 1-866-542-7283



EPHED PLUS® MINI-WHITE

EPHED Plus Mini-White High Energy Pills contain 200mg of high-grade caffeine and 25mg of vitamin C. 200-ct for \$15.00 at dmdpharm.com



TRY NITROCUT TODAY!

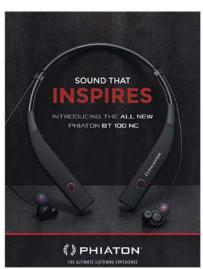
Supports Workouts & Helps Boost Performance Order Now. www.NITROCUT.com USE \$10 OFF code "DEAL" Free Shipping Call Now 1-888-666-7715

NO MORE SWEAT IN YOUR EYES!

Keep burning Sweat out of your eyes and off of your glasses during workouts. Halo's patented SWEATBLOCK Seal re-directs the sweat back and away from your face. This is simply the best performing, most comfortable, proven, sweatband on the market. Many styles/colors available from \$12.95.

HALOHEADBAND.COM





FORM & FUNCTION BUILT TO LAST

Wireless, sweat-resistant and noise-cancelling, Phiaton's BT 100 NC headphones are built to last through rigorous workouts, traveling and more. phiaton.com

TESTOSTERONE AND GROWTH HORMONE



Now with Lypoject syringes. No needles No pain No Doctor Needed Legal and safe

www.generictestosterone.com

SAVE \$10 ON 10

Create amazing t-shirts! Save \$10 on your purchase of 10 shirts or more with CustomInk. Make custom t-shirts online for your event or group with our fun & easy Design Lab. Choose from name-brand apparel and 60,000+ images. You'll always get FREE shipping, guaranteed on-time delivery, and live help 7 days a week.

For details visit customink.com/mensfit



MEN'S SHOWCASE



* Call or visit us online to purchase your 10 Cigars and merchandise for 519.99 + 56.99 s/h. From time to time, substitutions may occur due to inventory conditions. One per customer please. Pennsylvania residents add 6% tax — remittance of any taxes on orders shipped outside of PA is the responsibility of the purchaser. We only sell our products to adults who meet the legal age requirement to purchase to bacco products.

Cigar.com | 1911 Spillman Drive | Dept. #26 | Bethlehem, PA 18015

TO ADVERTISE IN MEN'S SHOWCASE. CONTACT TROY HUTCHINSON 212-743-6675 THUTCHINSON@AMILINK.COM



OUTSTANDING HAND

PRO exercises each finger for superior hand, wrist and forearm strength. Available at Dick's, Sports Authority, Modell's & other fine retailers. 40% off at Prohands.net w/coupon MJ40 www.prohands.net

How Does Harbor Freight Sell GREAT QUALITY Tools at the LOWEST Prices?

We have invested millions of dollars in our own state-of-the-art quality test labs and millions more in our factories, so our tools will go toe-to-toe with the top professional brands. And we can sell them for a fraction of the price because we cut out the middle man and pass the savings on to you. It's just that simple! Come visit one of our 550 Stores Nationwide.

- 100% Satisfaction Guaranteed
- Over 25 Million Satisfied Customers

 No Hassle Return Policy • Lifetime Warranty on All Hand WITH ANY PURCHASE PITTSBURGH 6 PIECE **SCREWDRIVER** SET

550 Stores NationwideHarborFreight.com 800-423-2567





Pre-determined outcome

What kind of pre-workout energy do you want? Here's how to choose the product that will provide it. By Joy Ronson With the hassles of everyday life, the obstacles to getting enough quality sleep, and the difficulties of trying to eat healthily all the time, everyone's tired these days—a reality that's made pre-workout powders the fastest growing category of sports supplements. But, with each product promising to provide the energy boost you need via a slightly different mechanism, how do you identify the one that will make you feel the way you want and do exactly what you need? We've researched the best options, so match your particular needs with the categories at right. And never settle for a lackluster workout again.

IF YOU WANT:

Potency

TRY: PRIME from Novex Biotech. Most pre-workout supps advise starting with a small serving, then "assessing tolerance," but PRIME packs its punch in a single scoop. (Think of the cash you'll save, getting 30 servings to a bottle not the 10-15of weaker formulas.) And PRIME has Klamath blue-green algae nowder an "adequate and reliable source of vitamin B12"—a major energy booster-says the International Journal for Vitamin and Nutrition Research. \$40 for 30 servings, novexbiotech.com.

IF YOU WANT:

Alertness without jitters

TRY: BPI's 1.M.R
Vortex. This contains
yohimbe, a natural
adrenaline booster
that, according to
a Japanese study,
increases arousal
without raising
anxiety, as measured
by both subjects'
self-reporting and

an analysis of their brain chemistry. Plus, BPI promises, with its matrix of other plantsourced ingredients and niacin—which plays a key role in energy production—Vortex is a good preworkout choice for those who feel other products have worn off on them. \$40 for 50 servings, bnisports.net.

IF YOU WANT: Sustained energy

TRY: Gold Standard Pre-Workout by Optimum Nutrition. Creatine is arguably the most heavily studied sports sup ever, with research showing that it delays fatigue during weight training, allowing users to squeeze out an extra rep or two in their sets. If you tend to punk out midsession, especially if you're forced to train late at night or in the early morning. Gold Standard's three grams of creatine may help you push harder. \$30 for 30 servings, optimum nutrition.com.

Where to buy

Outrun the Grim Reaper

PAGE 16: Adidas Tiro 15 Training pants, 30160, \$45; Energy Boost ESM sneakers, \$160, adidas .com; Casio G-Shock Analog-Digital Bluetooth Silver-Tone Resin Strap watch, GBA400-8B, \$200, macys.com.

Travis Van Winkle

PAGE 62: Todd Snyder Tech-Wool Zip jacket, \$1,295, by request, toddsnyder .com; Houndstooth Dress pants, \$395, toddsnyder .com.

Bring the Heat

PAGE 83: Alternative Perfect Cap Sleeve Organic Pima top, \$48, alternativeapparel.com; AG The Bonnie denim shorts, \$168, agjeans .com; Carerra sunglasses, \$129, available at Solstice Sunglasses stores.

PAGE 87: Bobbi Brown
The Jackson/S style
sunglasses, \$165,
available at Solstice
Sunglasses stores;
Seilenna The Esther
Collection Evelien top,
\$140, seilenna.com.

The Gamer's

New Edge
PAGES 108, 111: Save Khaki
United polo, \$80,
savekhaki.com; A.P.C.
Petit New Standard
pants, \$250, apc.fr/usa;
Wings + Horns Leather
Hi-top sneakers, \$420,
wingsandhorns.com;
also available from
Apartment Number 9,
1804 N. Damen Ave.,
Chicago, 773-395-2999.

Practice Makes Muscle

PAGES 122, 124, 126: Lululemon Training Sleeveless top, 558, Iululemon.com; Adidas Supernova 7-inch shorts, \$45, adidas.com; Nike MetCon 1 sneakers, \$120, nike.com; Nixon Supertide watch, \$200, nixon.com.

Summer Six-Pack Program

PAGES 140, 142, 144: Adidas Standard One Reflective Vest hoodie, \$80; Adidas Team Issue 3 Stripe Solid shorts, \$30, adidas .com; Scuderia Ferrari Ready-Set-Go watch, \$372, 917-934-4962 or store.ferrari.com; Stance Fusion Meter Run socks, \$15, stance.com; Reebok ZPump Fusion sneakers, \$110, available at Finish Line stores. The information in MEN'S FITNESS is intended to educate. Do not substitute it for the advice of a qualified health care practitioner.

For high-quality reprints of Men's Fitness articles, minimum quantity of 100, please contact Reprint Management Services at 717-399-1900. Those submitting manuscripts, photographs, artwork, or other materials to Men's Fitness for consideration should not send originals unless specifically requested to do so by Men's Fitness in writing. We assume no responsibility for returning unsolicited material, including but not limited to photographs, artwork, manuscripts, and letters.

Men's Fitness (ISSN 0893-4460), Volume 31, No. 6, is published 10 times a year, Jan./Feb., Mar., Apr., May, Jun., Jul./Aug., Sep., Oct., Nov., and Dec., by Weider Publications LLC., a division of American Media Inc. 4 New York Plaza, 4th Fl, New York, NY 10004. Periodical Rates Postage Paid at the New York, NY Post Office and at additional Mailing offices. Copyright & Weider Publications, LLC 2015. All rights reserved. Canada Post International Publications Mail Sale Agreement No. 40028566. Canadian B.N. 88746 5102 RT0001. All materiation als submitted become the sole property of Weider Publications, LLC. and shall constitute a grant to Weider Publications, LLC., to use name, likeness, story, and all other information submitted of the person submitting the same for any and all purposes and cannot be used without permission in writing from Weider Publications, LLC. Men's Fitness is not responsible for returning unsolicited manuscripts, photographs, letters or other materials. Weider Publications, LLC and American Media publisher of Men's Fitness, does not promote or endorse any of the products or services advertised by third-party advertisers in this publication. Nor does Weider Publications, LLC or American Media Inc., verify the accuracy of any claims made in conjunction with such advertisements. Copyrighted under the Universal Copyright Convention and International Copyright Convention. Copyright reserved under the Pan-American Copyright Convention. Todos derechos reservados seguin la convención Pan Americana de Propriedad Literaria Artística. Title trademark registered in U.S. Patent Office. Subscription rate is \$24.00 for (1yr) 10 issues in U.S.A. In Canada (1yr) 10 issues \$36.97. Outside of U.S.A. and Canada (1yr) \$37.97 U.S. Orders outside of U.S.A. must be prepaid in U.S. funds. For Customer Service and Back issues call toll-free (800) 340-8958 or write to: Men's Fitness, P.O. Box 37207, Boone, IA, 50037-0207. SUBSCRIBERS: If the postal service alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within one year. U.S. POSTMASTER:Send all UAA to CFS (See DMM 707.4.12.5); NON-POSTAL and MILITARY FACILITIES send U.S. Address changes to: Men's Fitness Magazine, P.O. Box 37207, Boone, IA 50037-0207, CANADA POSTMASTER: Send address changes to American Media Inc., PO Box 907 STN Main, Markham, ON L3P 0A7, Canada. From time to time we make our subscriber list available to companies who sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings please send your current mailing label to: Men's Fitness, P.O. Box 37207, Boone, IA, 50037. Manuscripts, art or other submissions must be accompanied by a self-addressed, stamped envelope, Printed in the U.S.A.

SOUND THAT INSPIRES

INTRODUCING THE ALL NEW PHIATON BT 100 NC



THE ULTIMATE LISTENING EXPERIENCE



BLUETOOTH 4.0 | ACTIVE NOISE CANCELLING (95%) | SWEAT + WATER RESISTANT | EASY NFC PAIRING









BUY LOCATIONS:
PHIATON.COM | FACEBOOK.COM/PHIATON



Hot stuff

Everything you'll need for summer-rated, debated, and deflated in 140 characters or less

Fact: Much of what your wife says would make an excellent country-song title. August 28 / 11:23 a.m.

"The Hotel Bed Was Really Nice, Even With You In It" August 28 / 11:23 a.m.

Came up with a name for my fantasy football team: WHY ARE YOU SPENDING YOUR MONEY ON WHETHER **DEMARCO MURRAY GAINS 7** YARDS ON THIS PLAY? August 26 / 9:08 p.m.

Power Rankings, Float(s): 5) In an ocean 4) In a parade 3) Through the lane 2) In a lazy river 1) Root beer August 24 / 5:02 p.m.

Accordion Pushup Challenge (30 seconds rest in between): 10-9-8-7-6-5-4-3-2-1-2-3-4-5-6-7-8-9-10.

August 22/12:00 p.m.

@UsainBolt blows out his birthday candles by running around the cake.

August 21/6:27 p.m.

Hiking truths: You can never take too much water, bug spray, Band-Aids, or phone juice.

August 17 / 7:06 a.m.

The crazy-8 workout: 8 moves, 8 reps, 8x through. All medium weight, no rest in between, alternate between upper + lower body. August 8 / 10:42 a.m.

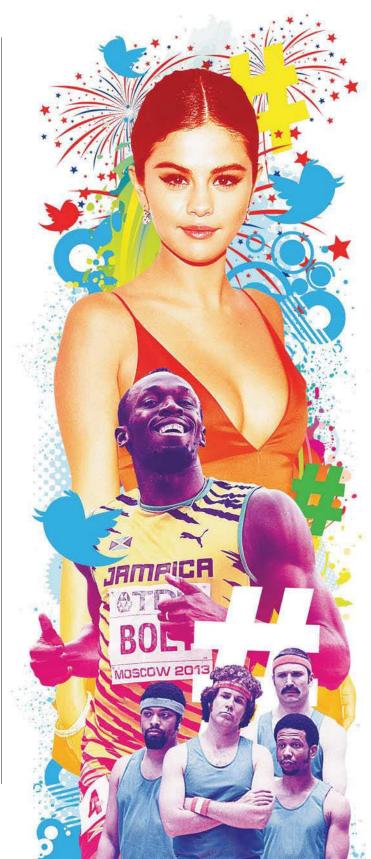
Just a heads-up: National Senior Citizens Day is in a few weeks. #SpeakingOf DeflatedBalls

August 3 / 3:33 p.m.

Do not make a "deflated balls" joke for Tom Brady's 38th birthday. If you do, all of your friends will say, "Ugh.'

August 3 / 3:33 p.m.

Power Rankings, Summer Use of Ice: 5) Bath 4) Popsicle 3) On the back of your neck by the pool 2) Filling a cooler 1) Moscow mule August 1/12:02 p.m.



The key to riding a wave is a combination of perfect timing and how hard you kick. That, friends, is also the key to every-freaking-thing. July 25 / 1:11 p.m.

Happy birthday, @selenagomez!

Vacation-photo posting limits: 4 of family, 3 of food, 2 of places, 1 of sunset, O of your sunburned feet. July 22 / 4:14 p.m.

Things you can grill: sweet notatoes, romaine lettuce. July 21 / 7:52 p.m.

Vacation headwear: Visors > safari hats. July 20 / 3:00 p.m.

Always try to remember that the real meaning of summer revolves around a strong Netflix strategy. July 18 / 8:02 p.m.

On Will Ferrell's birthday. you should try jogging. Or is it "yogging," with a soft "j"? July 16 / 10:43 a.m.

Please, for god's sake, only celebrate National Nude Day in the privacy of your own home. July 14 / 4:02 p.m.

Humbly suggest that strict parents who take their kids to amusement parks remember the first five letters of the word. July 9 / 10:20 a.m.

Grilling fact: There is no limit to how tall your burger can be. Grilling fact: There is a limit to how many baked beans you should have. July 4 / 5:12 p.m.

Power Rankings, Red, White, or Blue Foods 5) Blueberries 4) Marinara sauce 3) Cherries 2) Salsa 1) @DairyQueen soft serve July 4 / 7:17 a.m.

Pro tip: Do not ask her if she'd like you to reenact the Magic Mike XXL opening sequence.

July 1/10:55 p.m.

WATCH US DELIVER AT YOUR COMMAND.

Smarter ways to manage your deliveries with My USPS.



